


Walking Together Through Grief Newton County Satellite Group




A grief support series for adults grieving the loss of a loved one.

This series is free, open to the community and combines education with open discussion on grief, loss, finding coping strategies and more. Topics include:

- Where do I go from here?
- What does normal look like?
- Am I okay when I don't feel okay?
- How do I start a new chapter without my loved one?
- Regret, Monday morning quarterbacking and second guessing

 Fridays - Jan, 17th & 31st
and Feb. 14th & 28th

 1:00 - 2:00 pm

 Newton County Community Services
102 E. State Street, Morocco

For more information, contact Lisa
Casimer at (219) 508-4561 or
lcasimer@vnanwi.org

Future series dates and more information on
VNA Phoenix Center for Grief programs are
available upon request.



Phoenix Center for Grief

501 Marquette Street
Valparaiso, IN 46383



VNA Hospice NWI is an
ACHC accredited program.



VNA Hospice NWI is a proud partner in
the National We Honor Veterans Program.

www.vnanwi.org