



NOW@Virginia Mason Memorial



...offers bereavement support to help you adjust with the loss of a loved one.

Living Alone Support Group

2nd Wednesday of the month at 11:00 a.m.

One of the greatest challenges of learning how to cope with the loss of a spouse, partner, or significant other is getting acquainted with living on your own. This support group provides connection to others going through a similar situation as well as tips for coping and a place to ask questions.

Grief During the Holidays Support Group

Tuesday, November 7 / 2:00 p.m.
Tuesday, November 28 / TWO—Noon & 6:00 p.m.
Monday, December 18 / 2:00 p.m.

The holiday season can be difficult when mourning the loss of a loved one. Learn suggestions for coping with—and enjoying—this upcoming holiday season. Talk through why this time of year is such a challenge, as well as how to best care for yourself and those around you.

Support groups are held at Cottage in the Meadow, 1208 S 48th Avenue / Yakima.

For more information about bereavement programs, contact Virginia Mason Memorial/Home Health and Hospice at 509-574-6746 or visit yakimamemorial.org/bereavement

A celebration of life— *Remembering your loved one*

Thursday, November 2 / 5:30 – 7:00 p.m.
Harman Center / 65th & Summitview, Yakima

Presented by Virginia Mason Memorial along with Harman Center. For more information regarding this event and bereavement services, call 509-574-6746.

Join us for a service of remembrance for those whom we have loved and lost.

Advance Care Planning *1st Wednesday of each month*

Next session November 1st / Noon
Memorial Hospital Auditorium
2811 Tieton Drive, Yakima

No registration required.

Receive valuable information, including your own copy of *Five Wishes*® and assistance in completing it. Five Wishes is a Durable Power of Attorney for Healthcare and a Living Will.

