

GRIEF CARE GROUP

**Third Mondays
from
6:30-8:00 pm**

**Sessions are
held at the
Kok Funeral Home
7676 80th Street S.
Cottage Grove, MN.
Featuring a short
presentation
followed by small group
discussion.**

**For more
information,
call 651-459-2483
or email
donna@kokfuneral.com**



2023 SCHEDULE:

January 16th - Donna Mathiowetz: "Happy New Year??"

February 20th - Video:
Uncoupled: "Dealing with the Death of a Spouse"

March 20th - Rev. Dr. Jules Erickson: "Grief and Family Systems"

April 17th - Brittany Squillance: "Caring for Yourself"

May 15th - Paul Johnson: "Transformational Grief"

June 19th - Summer Event: Picnic

July 17th - Video: "The 5 H's...Hurt, Hope, Help, Honor, Healing"

August 21st - Summer Event: Riverboat Cruise

September 18th - Theresa Murray: "The Four Stones"

October 16th - A Meal and Memories

November 20th - Colleen Luna: "Help for the Holidays"

December 18th - Holiday Dinner Event

EDUCATIONAL GRIEF SUPPORT SERIES