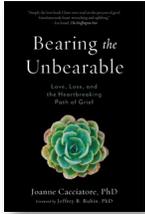


# RESILIENCE BOOK CIRCLE

*The Book Circle is sponsored by Halcyon Hospice and is **FREE**.*

## Experiencing Loss from the Death of a Loved One or Challenging Life Event?

Sept 26



### ***Bearing the Unbearable:***

**by Joanne Cacciatore**

When a loved one dies, the pain of loss can feel unbearable—especially in the case of a traumatizing death that leaves us shouting, “NO!”—with every fiber of our body. The process of grieving can feel wild and nonlinear—and often lasts for much longer than other people, the non-bereaved, tell us it should. Organized into fifty-two short chapters, *Bearing the Unbearable* is a companion for life’s most difficult times, revealing how grief can open our hearts to connection, compassion, and the very essence of our shared humanity.

October 24



### ***You Learn By Living: 11 Keys to a More Fulfilling Life***

**by Eleanor Roosevelt**

Written over 50 years ago, Eleanor Roosevelt wrote this at the age of 76 coming from a place of being a wife, daughter, parent and diplomat. She takes readers on a discussion of the roles of compassion, confidence, maturity, and civic stewardship in our lives.

November 21



### ***Words of Thanksgiving:***

**by Various Writers (No Book Required)**

Take a moment this season of gratitude and enjoy the quiet time to reflect on words of thanksgiving from other writers. Join us in a meaningful celebration through poetry, song lyrics, and quotations as we remember our blessings in the middle of loss and recovery. No reading is required — just come and enjoy the time together as a group!

**WHEN?** 1:00 – 2:30 P.M. ON THURSDAYS • SEPT 26, OCT 24, AND NOV 21, 2019

**WHERE?** FRONT RANGE BUSINESS CENTER • 1635 FOXTRAIL DRIVE, LOVELAND

*(Next to Centerra Outlets, off Rt. 34 in Loveland)*

**Please join us. You do not need to have read the book to attend!**

*(You supply your own book – bookstore, internet, or library.)*



*The group is guided by Georgia Robertson, a counselor for Halcyon Hospice specializing in grief and loss. She is a licensed professional counselor and grief specialist. The book circle provides an understanding and accepting group to help successfully build resilience and better coping skills.*

**CALL:** Georgia Robertson at (720) 584-1581 to enroll or with questions.