

RESILIENCE BOOK CIRCLE

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

EXPERIENCING GRIEF & LOSS?

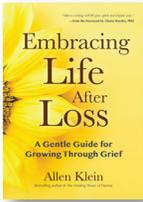
2019
Dec 19



Holiday Cookie Exchange

Let's take a moment to be together, to chat about the holidays, to share some cookies and sweet memories as we remember loved ones and holidays past. If you don't get around to baking, come anyway! There's plenty to share.

2020
January 23

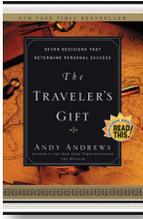


Embracing Life After Loss

by Allen Klein

Learn how to laugh again: You never forget the people you lose. But slowly you can grow stronger, wiser, and more appreciative of life as you move forward. *Embracing Life after Loss* shows you how to navigate difficult times and to gain skills that give you a break from the pain of your loss.

February 27

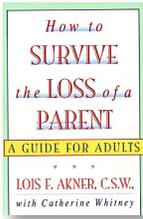


The Traveler's Gift

by Andy Andrews

This fiction and non-fiction book is a parable that looks at the question of what makes the difference between failure and success in one's life. The character David Ponder takes an incredible journey to discover the *Seven Decisions for Success* that can turn any life around, no matter how hopeless a situation may seem.

March 26



How to Survive the Loss of a Parent

by Lois F. Akner

Many people who function well are thrown for a loop when a parent dies. They're surprised at the complex feelings of love, loss, anger, and guilt, and at the unresolved issues that emerge. Therapist Lois Akner explains why the loss of a parent is different from other losses and, shows how it is possible to work through this special kind of grief.

WHEN? 1:00 – 2:30 P.M. THURSDAYS • DEC 19, JAN 23, FEB 27, AND MARCH 26

WHERE? FRONT RANGE BUSINESS CENTER • 1635 FOXTRAIL DRIVE, LOVELAND
(Next to Centerra Outlets, off Rt. 34)

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 Licensed Professional Counselor specializing in grief and loss. Beth Hasbrouck, an intern from Adams State University will assist. The book circle provides an understanding and accepting group that serves as a gateway to help successfully build resilience and better coping skills.

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