

# ***The Grief Connection***



***Remember, we all stumble, every one of us.  
That's why it's a comfort to go hand-in-hand.***

-- Emily Kimbrough

## ***Support Group for Adults Grieving a Sudden, Traumatic Death***

Every 2<sup>nd</sup> and 4<sup>th</sup> Thursday, 6:30-8:00 p.m.

At ***Gilda's Club Louisville*** (Supper Together at 6:00)  
633 Baxter Avenue

This grief journey is one which you would never have chosen to take. At times, it may seem unbearable and you may wonder if you will ever feel any differently than you feel right now. Sometimes, being with others who have experienced similar traumatic losses can provide helpful support for the journey.

Youth are also welcome! Support groups are held for youth (1<sup>st</sup> – 12<sup>th</sup> grades) living with loss due to death during this same time.

**To ensure that this support group will adequately meet your family's needs, registration is required prior to beginning this group.**

Please call **Hosparus Grief Counseling Center**  
at 502-456-5451 to register.

Grief Connection is a shared program between Hosparus and Gilda's Club Louisville.

**Hosparus Grief Counseling Center** offers the areas most comprehensive and ongoing programs for children, adolescents, adults and families who are struggling with loss. The Center helps people understand their grief experiences and provides them with practical tools for coping. To learn more, visit [www.hosparus.org](http://www.hosparus.org).

**Gilda's Club Louisville** is a cancer support community unlike any other—providing support for the whole family the whole time. We offer support and networking groups, lectures and workshops, and social activities for children, teens and adults. To learn more about Gilda's Club Louisville and our free programs, please visit [www.gildasclublouisville.org](http://www.gildasclublouisville.org).



## The Grief Connection

The Grief Connection is a shared program between Hosparus Grief Counseling Center and Gilda's Club Louisville. Due to the generosity of both organizations, there is no fee to attend this support group.

This program combines grief education, peer discussion and social networking to assist individuals and families in navigating their journey through grief.

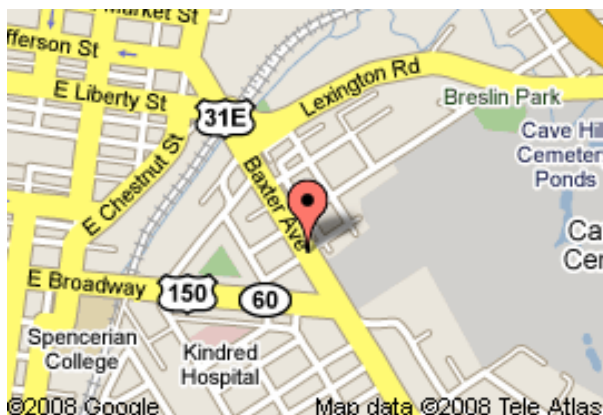
We ask that you pre-register for each group meeting so that we can know how many to prepare for.

We REQUIRE that each family with minor age children meet with a counselor prior to attending their first meeting to ensure that this type of support will best meet the family's needs.

Adults attending for the first time will attend the *NEWCOMERS GROUP* which is a one night meeting to fill out required paperwork, learn more about the Grief Connection and learn about additional available counseling options.

Adults with youth attending must remain on site if they are not attending a group themselves.

We are excited to be able to offer "Noogieland" which is supervised play for children under the age of 6 whose families attend the Grief Connection. *Pre-registration is required 48 hours in advance so that we can ensure adequate staffing!* (We apologize but we **CANNOT** accommodate children who have not pre-registered for Noogieland.)



### [Gilda's Club Louisville](http://www.gildasclublouisville.org)

[www.gildasclublouisville.org](http://www.gildasclublouisville.org)

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