Singing River Health System Hospice of Light offers support groups to explore the experience of grief after loss. Individuals dealing with the loss of a loved one have the opportunity to share with others who are living the same experience.

**TOPICS COVERED:**
- What is Normal Grief?
- Feeling of Loss
- Myths & Cliches of Grief
- Handling Holidays and Special Occasions
- The Six Needs of Mourning
- Helping Ourselves Heal

To register, call 228-818-2160.

Classes are open to anyone. Participants may join at any point in the series. There is no cost to participate in this group.