

# Grief class through Barton Hospice starts in March

Barton Health's Hospice is offering a nine-session grief class starting March 9.

Every other Wednesday through June 29 the "Understanding Your Grief" support group will combine education in the support group facilitated by a trained grief facilitator.

The sessions are from 5–6:30pm every other week.

During each session, stories will be shared and attendees will be able to explore the process of grieving and receive tools to aid in healing.

The use of ceremony, memory-making activities and the creative process to further assist each participant in their journey to healing also will be provided.

For more information and/or to register, call Rebecca Phillipsen at (530) 543.5581 or (775) 220.0342.