



## RMH Hospice Annual Events

*"Give sorrow words; the grief that does not speak, Whispers the o'er-fraught heart and bids it break."* - William Shakespeare

### ***Workshop- "PS... I Love You"-February***

- Workshop helping families cope through special anniversaries and events after the death of a loved one while creating a memory box.

### ***Annual Butterfly Picnic- Late April***

-Family picnic celebrating the renewal of spring and life at the JMU Arboretum

### ***Grief Works-Widows & Widowers-May***

-Duration 8 wks -Healing support group for those who have experienced the death of a spouse.

### ***Grief Works-Loss of a Parent-October***

-Duration 8 Wks- Healing support group for those who have experienced the death of a parent.

### ***Workshop-"How to Cope Through the Holidays"-November***

Workshop with the goal of helping bereaved families deal with the stress of the holidays

### ***Remembrance Service-December***

In the darkness of winter, and through the darkness of grief, we offer an opportunity to look for an experience of light. We invite you to remember a loved one in the company of others, as we honor those who have died this year. A memory table will provide the opportunity for you to place a favorite picture or memory object to further honor their place in your life. Sharing, music, guest speakers and light refreshments will also be provided.

**For further information & registration please call 433-4430**