

## GRIEF 101 – CARING FOR YOURSELF AND OTHERS AFTER LOSS

This workshop is designed to provide individuals with the knowledge, tools, and support needed to navigate the grieving process—both for themselves and for those they care about. Participants will explore the emotional, physical, and psychological effects of grief. This program will also offer insight into how to support others who are grieving, fostering empathy and connection in times of loss.

These programs are open to the community at no cost to participants.




-  Wednesday, June 25, 2025
-  11:00–12:30PM
-  2944 Erie Ave,  
Cincinnati, OH 45208



**Registration is Requested**

513-246-9208

[bereavementreferral@trihealth.com](mailto:bereavementreferral@trihealth.com)

-  Tuesday, July 15, 2025
-  11:00–12:30PM
-  4350 Aicholtz Rd.  
Cincinnati, OH 45245






**Registration is Requested**

513-947-0617

## CONSCIOUS GRIEVING A BOOK CLUB

The Goldstein Family Grief Center is excited to host a book discussion led by M.E. Steele-Pierce, PhD, a retired school administrator and current Hospice of Cincinnati Peer Support Volunteer. M.E. will be facilitating an interactive discussion of Claire Bidwell Smith's book, *Conscious Grieving: A Transformative Approach to Healing from Loss*. We will also be discussing the different ways in which the idea of, "Conscious Grieving" can be applied when navigating your grief journey.

-  WEDNESDAY JULY 9TH & JULY 23RD
-  6:30–8:00PM
-  4360 Cooper Road, Cincinnati OH, 45242

**This program will be held over the course of two weeks. Copies of the book will be provided at the first session, along with a reader's guide.**

REGISTRATION IS REQUIRED

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