



# Do You Feel Like You Have Lost Your Anchor?

Hospice of Washington County, Inc is here to help.

## Special six week Loss of Parent Support Group beginning January 10, 2012

Coming to terms with a parent's death can be a challenge.

This group will focus on the loss of a parent, defining grief and mourning, as well as addressing the need for healthy coping and effective strategies for self-care.



Meetings will be held at:  
Hospice Of Washington County, Inc.  
747 Northern Avenue  
Hagerstown, MD. 21742  
Every Tuesday at 6:00-7:30 P.M. for six weeks.

Please call ahead to register or for more information 301-791-6360. Space is limited so call early.