

Join Us

Understanding Your Grief: Touchstones for Hope and Healing

Wednesday Nov. 29, 2023
5-8 p.m.

In partnership with Stevens Family Funeral Home, Family Hospice, part of UPMC, is pleased to offer a free, live, webinar hosted by world-renowned author and grief educator, Dr. Alan Wolfelt.



LOCATION:

UPMC Altoona

620 Howard Ave

Altoona, PA 16601 (Rotunda 6th Floor)

Use parking garage for a \$2 fee

Registration is required. Seating is reserved for Family Hospice families, staff, and volunteers and reserved on a first come, first served basis. If you cannot attend in person or if all seats are filled, you are invited to participate via Microsoft Teams. You must provide an email address to receive a Microsoft Teams invite to view the live webinar.

Please call and leave a message to register at
814-947-7060 by Nov. 1, 2023.

We look forward to sharing this valuable event
with the community.



UPMC.com/FamilyHospiceBereavement

Dr. Alan Wolfelt has been recognized as one of North America's leading death educators and grief counselors. His books have sold more than a million copies worldwide and have been translated into many languages. Please join us for this in-person event as Dr. Wolfelt discusses the following topics:

- Dispel Misconceptions About Grief
- Embrace the Uniqueness of Your Grief
- Explore Your Feelings of Loss
- Understand the Six Needs of Mourning
- Recognize You Are Not Crazy
- Nurture Yourself
- Reach Out for Help
- Seek "Reconciliation," not "Resolution"



Stevens Family Funeral Homes