Grief, a natural and normal response to the death of a loved one, is a journey you do not need to take alone. Unity's grief programs support the family and friends of Unity patients, as well as all members of the community. Experienced grief counselors and trained volunteers create a safe haven to learn about grief, share experiences and find hope. Generous donations allow Unity to offer compassionate grief support at no charge.

Because each person grieves in his or her own way, Unity offers services designed to meet your unique needs. Contact us today for more information or to schedule one-on-one counseling. 920.338.1111 or 800.990.9249

PROUDLY SERVING 13 COUNTIES

THE NONPROFIT ADVANTAGE
Research shows nonprofit hospices provide wider range of services for patients and families, a more comprehensive bereavement program, broader financial assistance and employ more professionalized staff with higher staff to patient ratios.¹

¹ Source: National Hospice Survey Results For-Profit Status, Community Engagement and Service, JAMA Internal Medicine, April 2014.
Navigating Grief

*Navigating Grief* is a 5-week adult support group open to any person who has experienced a death. The group provides discussion opportunities on topics which include reactions to grief, memories, coping and adjusting, self-care and finding hope.

**Tuesdays**
Unity Office, 2366 Oak Ridge Circle, De Pere

**2019 SCHEDULE**
*Afternoon 1:30-3*
Jan 29-Feb 26
Mar 12-Apr 9
Apr 30-May 28
June 18-July 16
Aug 6-Sept 3
Sept 24-Oct 22

*Evening 6-7:30*
Feb 12-Mar 12
Apr 2-Apr 30
May 21-June 18
July 9-Aug 6
Aug 20-Sept 17
Oct 1-Oct 29

Hope and the Holidays

*Hope and the Holidays* is a 5 week adult support group open to any person who has experienced a death. The group provides discussion opportunities on topics which include grief around the holidays, traditions, self-care and finding hope.

**Tuesdays**
Unity Office, 2366 Oak Ridge Circle, De Pere

**2019 SCHEDULE**
*Afternoon 1:30-3:00*
Nov 19-Dec 10

*Evening 6:00-7:30*
Nov 12-Dec 10

Grief Connection

*Grief Connection* is a monthly adult grief support group which meets the third Thursday of every month from 1:30 – 3 pm or 6 – 7:30 pm in De Pere. This group provides discussion opportunities on grief related topics relevant to those attending. It is recommended that participants first attend a 5-week session of *Navigating Grief*.

Generations – Hope for Grieving Families

*Generations – Hope for Grieving Families* is a monthly program for grieving families with children ages 6 – 18. Dinner is served each evening at no charge. Age appropriate groups are held concurrently for adults and children. This program is held on the second Thursday of every month from 5:30 – 7:30 pm in the Green Bay area.

Understanding Grief

*Understanding Grief* is a monthly adult grief support group open to any person who has experienced a death. This group provides discussion opportunities on topics which include reactions to grief, memories, coping and adjusting, self-care and finding hope.

**1st Wednesday of every month**
Wausaukee  10:00 am – 11:30 am
Marinette  12:30 pm – 2:00 pm

**2nd Wednesday of every month**
Sturgeon Bay  Noon - 1:30 pm

**4th Wednesday of every month**
Gillett  Noon - 1:30 pm

Women's Luncheon

*Women's Luncheon* is a monthly opportunity for grieving women to gather for informal conversation and support. This luncheon is held on the third Wednesday of every month from noon to 1:30 at a local Green Bay area restaurant. Lunch is available for purchase off the menu.

Healing Thru the Arts

*Healing Thru the Arts* is a monthly creative grief support group for adults who have experienced a death and wish to create a memorial project while engaging in discussion. No art expertise needed, guidance and support provided. This group meets the fourth Thursday of every month from 10 am – noon or 2 – 4 pm in De Pere.

Registration required
920.338.1111 or 800.990.9249

All groups are open to any member of the community.