

# VALENTINE'S DAY WORKSHOPS

## *Nurture Your Grieving Heart*

Valentine's Day can be a particularly difficult time for someone who has lost a loved one. Intended to celebrate love, this day can bruise an already grieving heart. Please join the Bereavement Specialists of Good Shepherd Hospice for a free workshop offering encouragement, education, coping strategies and support.

**The Workshops will be held in 3 separate locations.  
All grieving community members welcome.**

**Thursday, February 7, 2019 – 7:00PM-8:30PM**

Good Shepherd Hospice Inpatient Center, 200 Belle Terre Road, Port Jefferson, NY

**RSVP Required:** Please call Diane McNamara, LCSW-R @ (631) 828-7636

**Monday, February 11, 2019 – 7:00PM-8:30PM**

Good Shepherd Hospice Administrative Office, 110 Bi-County Blvd.,

**RSVP Required:** Please call Carolyn Lisi-Haas, LCSW-R @ (631) 828-7629

**Monday, February 11, 2019 – 7:00PM-8:30PM**

Mercy Medical Center, 1000 North Village Ave., Rockville Centre, NY

**RSVP Required:** Please call Alexis Van Wart, LMSW @ (631) 828-7631



**Each Attendee will create  
a beautiful remembrance Valentine  
to take home with them.**



**Good Shepherd Hospice**  
Catholic Health Services  
At the heart of health