

# UNDERSTANDING GRIEF AND COPING WITH LOSS



**Mozaic Hospice is hosting a Grief and Loss Education Series. The series will be monthly for the following three sessions. Please feel free to attend the session(s) of your choice.**

**Thursday  
September 26, 2024**

**Understanding  
Grief and Loss**

**Making Sense of the  
Grief Journey**

**Thursday  
November 7, 2024**

**Remembering Our  
Loved Ones**

**Ways to Honor  
Their Memory**

**Thursday  
December 5, 2024**

**Navigating My Life  
Without My Loved One**

**Finding Meaning and  
Purpose After Loss**

***All sessions will take place at:***

**B'nai Israel**

**2710 Park Avenue, Bridgeport, CT**

***Meeting Space: Library***

**10:00 AM to 10:45 AM**

**Please RSVP to Selina Ng, Bereavement Coordinator, at 203-396-1136 or [sng@mozaicsl.org](mailto:sng@mozaicsl.org) at least one week prior to the session you plan to attend.**

**MOZAIC** Senior Life   
SERVING SENIORS SINCE 1973 Service is Our Calling

**The Harry and Jeanette Weinberg Campus  
4200 Park Avenue, Bridgeport, CT 06604 ■ [mozaicsl.org](http://mozaicsl.org)**

*For more information on Mozaic Senior Life services, call **1-833-MSL-LINK** (675-5465)*