

# Faith Hospice Bereavement Center

## Upcoming Workshops for Winter – Spring 2024

Date	Topic	Presenter(s)
Tuesday, January 16, 11 a.m.	<b>Grief 101:</b> An introduction to grief	Jenny Gruppen, LBSW
Tuesday, February 20, 11 a.m.	<b>Caregiver Compassion Fatigue:</b> How to recognize and address it	Courtney Berns, LLMSW, and Lindsay Timmerman, LLPC, NCC
Monday, March 11 & 18, 1 p.m.	<b>Cooking for One:</b> A Two-Part Workshop	Courtney Berns, LLMSW
Tuesday, April 16, 11 a.m.	<b>Forgiveness &amp; Grief:</b> How to forgive when you cannot forget	Jenny Gruppen, LBSW
Tuesday, May 21, 11 a.m.	<b>Children &amp; Grief:</b> Tips for processing loss with young grievers	Jenny Gruppen, LBSW, and Lindsay Timmerman, LLPC, NCC
Tuesday, June 18, 11 a.m.	<b>Anticipatory Grief:</b> How to recognize and address it	Courtney Berns, LLMSW, and Lindsay Timmerman, LLPC, NCC

All workshops are held in the Van Andel Hope and Healing Pavillion at Trillium Woods.

8214 Pfeiffer Farms Dr. SW  
Byron Center, MI 49315

Please call 616-202-8889 to register.

