

Hope & Healing Book Club

Integrating Loss Into Life

Thursday, October 25, 2018

2:00-3:00 PM

Ramsey Public Library
30 Wyckoff Avenue
Ramsey, New Jersey

This book club will be reading and discussing books with themes surrounding issues of grief and loss. Together we'll explore the experience of grief as we discuss the written material.

The group will be facilitated by
Anne Smith, MA, GC-C
Counselor & Educator

The first book the club will be reading is:
Grief is a Journey: Finding Your Path Through Loss
by
Dr. Kenneth J. Doka

Dr. Doka has written a supportive, informative resource for those coping with loss. This book helps grievers realize the unique and personal experience of grief, understand a grief reaction and explore positive, research-based coping methods.

There is no cost for attending this book club meeting.

***To register for the book club, please contact
Debbie Burnette at debbie.burnette@ramsey.bccls.org
or call (201) 327-1445***