



## Men's Coffee & Conversation

**Please join us for a Virtual Support Group**

**Men's Coffee & Conversation**

**Every Other Wednesday - Beginning January 13, 2021**

**9:00-10:00 a.m.**

Men's grief emotions are much like everyone else's, however men process those emotions differently. Men's perceptions, priorities, behaviors and societal pressures, expectations and more all affect their grief journey and often make it difficult.

Chaplain Dan will lead this group of men who have all experienced a death of someone dear and together, they will traverse the grief path to help one another better understand their emotions and learn to better deal with those emotions while going about the business of daily life.

**Call UpliftedCare today to register.**

**Office Hours - 8:30-4:30 - 815.939.4141**

*Ask to speak with Tyiesha in Bereavement and she will help with group instructions.*

*You can also email her anytime at [wadet@upliftedcare.org](mailto:wadet@upliftedcare.org)*

