



**VNA  
HOSPICE**  
NWI

**Phoenix Center  
for Grief**



**VNA Phoenix Center for Grief offers individuals the opportunity to connect, receive emotional support, validation, and education about grief and loss in a confidential and peer supported environment.**

### **VNA Phoenix Center for Grief offers:**

- + **Walking Together Through Grief** — a six-week series for adults that combines education with open discussion on grief, loss, finding coping strategies, and more.
- + **Phoenix Rising** — specialized peer-based groups that offer fun and age-appropriate activities for children teens, young adults and their families. Specially trained staff and volunteers help youth, and their families connect, find coping skills, and express their feelings.
- + **First Friday Club** — coffee, cookies and grief sharing 1st Friday of the month at 11am, November–February.
- + Memorial Services and remembrance events.
- + Referrals to partner agencies for additional support

**All programs are open to the community and free of charge.**



An Online grief community — find us at [f/groups/vnahospicegriefsupport](https://www.facebook.com/groups/vnahospicegriefsupport)



To see current Phoenix Center for Grief schedules visit [vnanwi.org/services/phoenix-center](https://vnanwi.org/services/phoenix-center)



**Contact: (219) 462-5195 | [griefsupport@vnanwi.org](mailto:griefsupport@vnanwi.org) | [vnanwi.org](https://vnanwi.org)**



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**making best days possible.**

Serving Jasper, Lake, LaPorte, Newton, Porter, & Starke counties