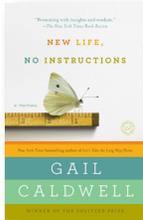


RESILIENCE BOOK CIRCLE

*The Book Circle is sponsored by Halcyon Hospice and is **FREE**.*

Experiencing Loss from the Death of a Loved One or Challenging Life Event?

February 28

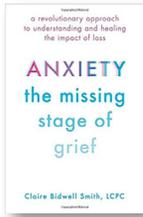


New Life, No Instructions: A Memoir

by Gail Caldwell

The Pulitzer Prize winner and New York Times bestselling author of *Let's Take the Long Way Home* now gives us a stunning, exquisitely written memoir about a dramatic turning point in her life, which unexpectedly opened up a world of understanding, possibility, and connection. *New Life, No Instructions* is about the surprising way life can begin again, at any age.

March 28

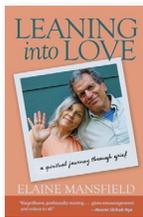


Anxiety: The Missing Stage of Grief

by Claire Bidwell Smith

If you're suffering from anxiety but not sure why, or if you're struggling with loss and looking for solace, *Anxiety: The Missing Stage of Grief* offers help — and answers. Significant loss and unresolved grief are primary underpinnings of anxiety, something that grief expert Claire Bidwell Smith discovered in her own life and in her practice with her therapy clients. Now, using research and real life stories, Smith breaks down the physiology of anxiety, giving you a concrete foundation of understanding in order to help you heal.

April 25



Leaning into Love: A Spiritual Journey through Grief

by Elaine Mansfield

"I'll find a way to be all right," Elaine promised Vic, her dying husband and best friend of 42 years. Leaving the hospital after he passed, she had no idea how. Her uplifting story of love, hope, determination, and triumph is a gift to the half million women who lose spouses each year. After Vic's death, Elaine leans into her ongoing love as grief leads her through overwhelming emotional and spiritual depths on a journey beyond their time together into her new life.

WHEN? 1:00 – 2:30 P.M. ON THURSDAYS • FEB 28, MARCH 28, AND APRIL 25, 2019

WHERE? FRONT RANGE BUSINESS CENTER • 1635 FOXTRAIL DRIVE, LOVELAND

(Next to Centerra Outlets, off Rt. 34)

Please join us. You do not need to have read the book to attend!

(You supply your own book – bookstore, internet, or library.)



The group is guided by Georgia Robertson, a counselor for Halcyon Hospice specializing in grief and loss. She is a licensed professional counselor and certified poetry therapist. The book circle provides an understanding and accepting group that serves as a gateway to help successfully build resilience and better coping skills.

CALL: Georgia Robertson at (720) 584-1581 to enroll or with questions.