

# *Finding Your Way*

*Education and support for those who are grieving*

*At Finding Your Way, you'll:*

- Learn how to find a new normal
- Find out how others have gotten better and learn that you're not alone
- Slow down the flow of tears
- Discover ways to feel better and help others feel better, too
- Remember how to have fun again

*4th Tuesday of every month during 2010*

*From 6 p.m. to 7 p.m.*

*Johnston Medical Center-Smithfield, Interfaith Chapel*



#### *MEET THE FINDING YOUR WAY FACILITATORS*

*From left to right, Amy Stephenson, BSW, Social Worker, Johnston Home Care and Hospice; Meredith Barrett, MSW, LCSW, Clinical Social Worker, Johnston Home Care and Hospice; Mary Ann Bradshaw, MSW, LCSW, Clinical Social Worker, JMA-Hematology & Oncology & Behavioral Health Services; Reverend Greg McClain, D.Min., BCC, Staff Chaplain, Johnston Health; April Barbour-Matthews, BSW, MA, Social Worker, Case Management Department, Johnston Medical Center-Smithfield; Reverend Jeanell Cox, MTS, BCC, Director of Spiritual Care at Johnston Health.*

*No registration required. For more information, please call 919-209-3655 .*

*A free service provided by Johnston Health*

