

# Seasons of the Heart

Home Hospice will present *Seasons of the Heart*, a four-part grief support and information seminar, on Thursday March 1<sup>st</sup>, 8<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup> at the Home Hospice office at 505 W. Center Street in Sherman. This is a four-week grief workshop offering insights on grief and coping skills including myths about grieving, factors that make our grief unique and healthy coping skills. This seminar will be facilitated by JoCarolyn Chambers, LCSW who is one of the social workers with Home Hospice of Grayson, Cooke and Fannin Counties. JoCarolyn Chambers says, “It takes an incredible amount of courage for people to attend this seminar, but people feel comfortable to share and to learn how to make the journey less difficult and to learn from others.” Those turning in evaluations say that the seminar “exceeded expectations,” “many things were said that would make you understand and feel—especially make you think,” as well as “helped with depression and helped with healing.”

If you have questions about this seminars or would like to register, please call Jolene Senek at 903-868-9315, 940-665-9891 or email her at [jolene.senek@homehospice.org](mailto:jolene.senek@homehospice.org). Home Hospice is a non-profit organization, founded in 1982, dedicated to providing education, programs, services and quality care to ease physical, emotional and spiritual symptoms at end-of-life for patients, families, and caregivers regardless of ability to pay, as well as all in our communities who grieve. You may also check for more information on the Home Hospice website, [www.homehospice.org](http://www.homehospice.org).

