

Are You Experiencing Grief Due to Loss?



Do you feel alone? Do you find the grieving process difficult to bear?

If you are experiencing these or similar feelings, consider calling one of our caring and supportive grief specialists at Mountain Valley Hospice & Palliative Care. Our experienced bereavement coordinators specialize in working with people who are walking along grief's journey. Just as you seek medical treatment, it is equally important to seek emotional support.

Grief Support Services are available to anyone who has suffered a loss. Support services may include phone calls, home visits, grief education, support groups and a monthly newsletter.

Our highly-qualified bereavement coordinators are active listeners. Conversations are kept confidential.

We host many events, including monthly support meetings, grief classes and workshops, and annual memorial services. We also host several Alzheimer's support groups, both for the diagnosed and their caregivers. In addition, our services extend to young people via grief camps and one-on-one counseling.

Remember you are not alone.

Contact us for more information about our meetings, and allow us to share your journey along grief's road.

NORTH CAROLINA:

SURRY COUNTY

- **2nd Thursday of each month at 11:30 a.m.**
Union Hill Friends Church—2315 Red Brush Road, Mount Airy, NC 27030
Fonda Younger: 336-789-2922

YADKIN COUNTY

- **1st Thursday of each month at 11:00 a.m.**
- **3rd Thursday of each month at 6:00 p.m.**
SECU Hospice Care Center—243 North Lee Avenue, Yadkinville, NC 27055
Melissa Causby: 336-679-2466

ALLEGHANY COUNTY

- **3rd Monday of each month at 11:00 a.m.**
Sparta United Methodist Church—190 North Main Street, Sparta, NC 28675
Jessica Simandle: 336-372-4441

VIRGINIA:

CARROLL COUNTY

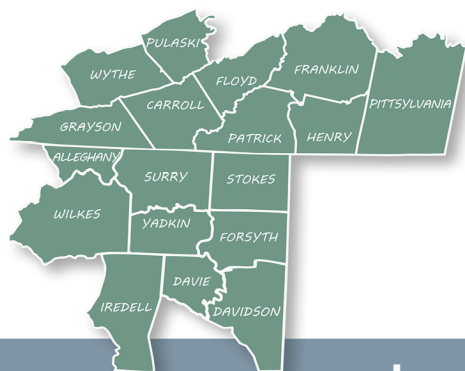
- **3rd Thursday of each month at 11:30 a.m.**
First Baptist Church, Galax—1024 E Stuart Drive, Galax, VA 24333
Bruce Thomas: 276-728-1030

HENRY COUNTY

- **1st Wednesday of each month at 2:00 p.m.**
King's Grant Retirement—350 Kings Way Road, Martinsville, VA 24112
Jessica Harmon: 276-403-4764
- **2nd Tuesday of each month at 10:00 a.m.**
The Community Fellowship—2674 Virginia Avenue, Collinsville, VA 24078
Jessica Harmon: 276-403-4764

PATRICK COUNTY

- **3rd Thursday of each month at 2:00 p.m.**
Stuart United Methodist Church—101 East Blue Ridge Street, Stuart, VA 24171
Jessica Harmon: 276-403-4764



**CARE FOR THEM.
COMFORT FOR YOU.**



mtnvalleyhospice.org

1.888.789.2922