

VITAS Healthcare and West Allis Senior Center present

'Preserving Our Memories'

A creative grief therapy group

Taking part in grief rituals is a great way to help process and cope with the pain of losing someone important to you. Creating a detailed memory book that incorporates personal and symbolic objects is quickly becoming a preferred activity for people dealing with loss. We invite you to join us for this free 6-week group session where you'll create such a book.

It can include pictures, stories or anecdotes of favorite memories, quotes of your loved one, poems, as well as favorite foods (recipes), vacations, events, teams, or favorite holidays of the deceased so their memories continue to live on.



No special skills are required! This group is simply about being inspired by the materials to create and design a keepsake, while processing your feelings in a supportive environment. This will be a creative experience, offering healing, encouragement and comfort. Memory books help promote communication and discussion, and provide an opportunity to connect and share with other group members.

This free support group meets once a week for 6 weeks. All materials and instruction will be provided. Participants need only bring in photos and other mementos to work with, understanding that some items may need to be cropped or otherwise altered to fit the memory book pages.



Location:
West Allis Senior Center
700I W. National Avenue

Parking lot is located behind the building;
entrance is on Mitchell Street.

Thursdays:

**October 17, 24, 31
& November 7, 14, 21**

1:00 - 2:15 pm

**Pre-registration required
by Monday, October 11.**

Call 414-302-8700