

MEETING SCHEDULE

GRAYSON CO. EATIN' MEETIN' GROUP (all meeting times are at 6:00 p.m. unless otherwise stated)

November

4th Applebee's
11th Cracker Barrel
18th Huck's
25th Logan's

December

2nd El Pueblo
9th Cotton Patch
16th Olive Garden
23rd No meeting
30th No meeting

COOKE CO. EATIN' MEETIN' GROUP (all meeting times are 5:30 p.m. unless otherwise stated)

6th Call Viola Rohmer for details (940) 759-4264 4th Call Viola Rohmer for details (940) 759-4264

A.R.E.A.S. (AIDS Resource, Education and Support) Welcoming all who are affected in some way by H.I.V. and A.I.D.S. For persons with H.I.V. or A.I.D.S., their caregivers, family, and friends. The group meets the second Wednesday (**November 12th & December 10th**) at **6:00 p.m.** *The December 10th meeting will be a social get-together. Attendees may bring a snack to share and a gift ornament or seasonal decoration for a Chinese auction.* These meetings are held at in the Community Room of the Texas Cancer Center, 2800 N. Hwy 75, Sherman. Light refreshments are served. (903) 868-9315.

Caring Hearts Luncheon. A luncheon meeting for current and bereaved caregivers. This group meets at 1001 E. Broadway in Gainesville on the last Wednesday of each month at 12:00 noon for food and inspirational fellowship. (**November 19th; no December meeting**) Kelly Lamkin, LBSW, Bereavement Coordinator. **(940) 665-9891 for more information.**

Compassion and Support -- Meets every **Thursday evening at 4:30 p.m.** (No meetings on November 27th, December 25th or January 1st). This weekly grief focus group will address a different topic each week that will help those coping with any type of loss. There will also be time allowed each week for group support. This meeting is held at First United Methodist Church, 401 N. Elm, Sherman; call Jolene at (903) 868-9315 for specific room information. Facilitated by Jolene Senek, LBSW, Bereavement Coordinator.

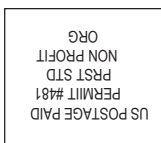
Bereaved Parents and Grandparents meets on **Tuesdays from 5:30 to 7:00 p.m.** in room 110 at First United Methodist Church, 401 N. Elm Street in Sherman. This group is designed for anyone of any age who has experienced the loss of a child or grandchild. **(903) 868-9315 for more information.**

Light Up A Life Treelighting - Thursday, November 20th at 5:30 p.m. in the Performing Arts Center of North Central Texas College in Gainesville; and Tuesday, December 2nd at 7:00 p.m. in the Ballroom of the Sherman Municipal Building. Please make plans to join us for beautiful music and a special tree dedication as we begin the holiday season in celebration of all the lives that have touched ours.

Grief Support and Guidance Seminar will be held in **January** at the **Home Hospice office, 1001 E. Broadway in Gainesville.** This four part seminar is designed to be both informational and supportive and provide guidance regarding the grief process and strategies for healing to anyone experiencing a loss by covering such topics as memorializing, handling the holidays and special days, what grieving looks and feels like, and much more. Facilitated by Kelly Lamkin, LBSW, Bereavement Coordinator. **Call 940-665-9891 for more information.**

Surviving the Holidays! a seminar outlining helpful strategies for navigating the holidays while coping with the loss of a loved one, will be held **Thursday, November 13th at 6:00 p.m.** in the Community Room of Muenster State Bank, 1601 Hwy 82 in Gainesville. **Call 940-665-9891 for more information.**

Unless otherwise noted, all grief support opportunities offered by Home Hospice are open to all who grieve and offered free of charge.



Home Hospice of Grayson, Cooke &
Fannin Counties
P.O. Box 2306
Sherman, TX 75091-2306

