

# The Path to Healing



A four-week series, empowering those who have experienced loss

**Spring 2025 dates:**  
**March 12, 19, 26 & April 2 1:00 — 2:30 p.m.**  
**Lifespring Resource Center**

**The Path to Healing** is a four-part supportive series designed for those who have recently lost a loved one due to Alzheimer's disease or another related progressive dementia. Through interactions with others, this small group will focus on empowerment and healing.

The subjects that we will cover together include:

- Understanding the stages of grief and loss
- Recognizing the signs and symptoms of grief
- Exploring effective coping strategies
- Reflecting on your personal support system
- Learning about the benefits of professional counseling
- Healthy ways to express grief
- Adapting to and establishing a new sense of normalcy

The series will be repeated in the Summer and Fall. Registration is required prior to attending. **Please call Director of Memory Support Erin Nelson at (717) 624-5403.** (Villagers can call extension 5403.) You can also email Erin at [e.nelson@crosskeysvillage.org](mailto:e.nelson@crosskeysvillage.org).



[WWW.CROSSKEYSVILLAGE.ORG/MEMORY](http://WWW.CROSSKEYSVILLAGE.ORG/MEMORY)