

A BREATH *of* HOPE

L U N G F O U N D A T I O N

A Breath of Hope Women's Group

Providing topic driven meetings about subjects important to women who have lost their spouse to cancer.

Thursday, April 13, 2017, 7:00-8:30 pm, Beth Freund

Topic: The Role of Anger in the Grief Process



My work with you will be tailored to fit your specific needs whether you are an individual, couple, or family. I use a systemic framework for viewing challenges, which simply says the world around us affects how we see ourselves and our challenges, as well as our healing and growth. This approach allows me to choose from a number of healing methods designed to be as effective as possible in helping you meet your unique goals. Having a community of supportive people around us can often take away some of the isolation as well as help us find our perspective when we feel lost. As part of this community, professional support can offer objective and caring support through all the ups and downs change can bring. Although I have faced my own losses and changes in life, I know I can't understand everything you are feeling. Even so, I dedicate myself to the work of hearing about your experiences and supporting you as you do the work of making sense of life during difficult times of change.

A Breath of Hope Women's Group provides a safe place for widows who are looking for support, healing and a chance to meet with other women who have experienced the loss of a spouse to cancer. Monthly meetings will offer a topic and guest speaker. Participants may choose to share or just listen in an environment of mutual respect and confidentiality.

Contact and Registration Info: Amanda Pederson, amanda@abreathofhope.org, 952-405-9201

Location: Wayzata. Exact address will be provided after RSVP.