



*Celebrating Over 100 Years of Service*

THE J.W. WOODWARD FUNERAL HOME, INC.

## **CONTINUING CARE SERIES**

**Free to the Public • Free Resource Packets  
Light Refreshments • Free Transportation Upon Request**

We are committed to going above and beyond simply conducting funeral services and memorials. We believe that life and death are so intertwined that they are inseparable. Our duty to our community, therefore, not only encompasses end-of-life services, but also life after loss – continuing care.

Our work places us in a unique position to interact and build relationships. We recognize that our clients, friends, and extended family need continuing care. As human beings, we experience real emotions and real challenges.

Each Continuing Care session will address a different aspect of grief, how it affects our mental wellness, and what steps to consider if/when it does. Each session will include a formal group session conducted by a licensed professional; a wellness-related activity; and conclude with resources and information for attendees to take additional steps if desired.

Join us on a journey of expression, education, and remembrance.

### **PART I | *GETTING TO KNOW YOUR TOOLBOX* THURSDAY, NOVEMBER 17, 2022 | 6 PM**

When trying to tackle the feelings that come after the loss of a loved one, whether it happened recently or in a past year, figuring out where to start can be the hardest part. Knowing what internal tools we have to help confront and cope with grief can take us from a place of emotional sinking to swimming.

*In addition to leaving with a resource packet and other giveaways, attendees will create their own Resilience Garden to use at home when confronted with grief, anxiety, and stress.*

### **PART II | *WELLNESS PATH FORWARD: A BLUEPRINT TO HEALING* THURSDAY, DECEMBER 8, 2022 | 6 PM**

It is one thing to have a handle on our emotions and use the right tools at the right times to cope with the struggles associated with grief. It is quite another thing to be doing the right things well and still have unhealed wounds from the loss of a loved one. How do we get from holding strong to being healed?

*In addition to leaving with a resource packet and other giveaways, attendees can submit up to four (4) photos of their loved one(s) and will receive a personalized Picture Collage Throw Pillow.*

*All sessions will be held at:*

**The John Stinson Woodward Memorial Chapel**  
594 Howard Street, Spartanburg, SC 29303

#### **HOW TO REGISTER**

**ONLINE:** <https://jwwfh.eventbrite.com>

**BY PHONE:** 864.582.6751

**IN PERSON:** 594 Howard Street, Spartanburg, SC 29303

*Between 9am – 4pm, Monday – Friday • Ask for Diana Sanchez*

#### **Questions?**

*Please email [jwwoodwardfuneralhome@yahoo.com](mailto:jwwoodwardfuneralhome@yahoo.com) or call 864.582.6751*