



# SOURCEPOINT

*in Sunbury*

*Free programs for Delaware County adults ages 55 and better!*

## **CAREGIVER CONVERSATIONS *HYBRID***

Third Thursday of each month, 5:30–6:30 p.m., at Community Library, 44 Burrer Dr., Sunbury.

This group fosters supportive conversations, allows you to share experiences, meet other caregivers, discover new resources, and ask questions. Virtual participants will receive the program link via email after registration is complete.

## **SUNBURY SOCIALS**

Third Monday of each Month, 1–3 p.m. at Sunbury Township Hall, 51 E. Cherry St., Sunbury.

In partnership with the city of Sunbury, SourcePoint is hosting three social gatherings for people to meet others at Sunbury's Town Hall. Bring your smile and have fun with other locals 55 and better!

**Oct. 16:** Halloween Party

**Nov. 20:** Ornament Making

**Dec. 18:** Mocktails/Cooking for 1 or 2

## **GRIEF SUPPORT: THINKING BEYOND THE 5 STAGES *HYBRID***

Mondays, Oct. 23- Nov. 27, 1:30-3 p.m., at Community Library, 44 Burrer Drive, Sunbury.

Move beyond the prescriptive definitions of “the 5 stages of grief” to a more descriptive interpretation. This six-week group seeks to challenge the idea that grieving, to be considered productive, must end with accepting one's loss. Working together, we will instead seek out an alternate form of moving on that involves growing more as a complete person—a person whose experiences with their departed loved one continues to inform their thoughts and actions. In this group, we will examine short and digestible scholarly essays, contemporary opinion pieces, and existentialist philosophy that has stood the test of time with different (sometimes even conflicting) definitions of grief.

Virtual participants will receive the program link via email after registration is complete.

Register at [MySourcePoint.org/register](https://MySourcePoint.org/register) or call 740-363-6677.

