



When one journey ends, another begins.

SourcePoint provides wraparound services for you throughout your entire caregiving journey.

Care, Share & Connect

We experience different losses in life—from losing loved ones to losing things in our everyday lives.

Come share or listen as topics are discussed in this peer-led group with a facilitator, RJ Jones.

SourcePoint, 800 Cheshire Road, Delaware:

- Mondays, 12:45–2 p.m.

Living Beyond Loss

Living Beyond Loss provides dynamic support for those dealing with loss and empowers members to steer the conversation. Rediscover yourself, regain a sense of identity, and build your support system.

SourcePoint, 800 Cheshire Road, Delaware:

- Tuesday, Jan. 9, 2–3 p.m.
- Tuesday, Jan. 23, 2–3 p.m.
- Tuesday, Feb. 13, 2–3 p.m.
- Tuesday, Feb. 27, 2–3 p.m.
- Tuesday, March 12, 2–3 p.m.
- Tuesday, March 26, 2–3 p.m.

Thinking Beyond the 5 Stages

This helpful series is offered in a hybrid format—attend in-person or online.

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.

Sunnyview Square Apartments, 69 Rockcreek Drive, Delaware and ONLINE:

- Wednesdays, Jan. 24–Feb. 28, 2–3:30 p.m.

Genoa Township Hall, 5111 S. Old 3C Highway, Westerville and ONLINE:

- Wednesdays, March 6–April 10, 1–2:30 p.m.

Register at MySourcePoint.org/grief or call 740-363-6677.

