



Centerstone Spotlight Series

"Working Through Your Grief"

When: Tuesday, January 29, 5:00 - 7:00 p.m.

Where: Centerstone, 2615 Edwards St., Alton, IL - 2nd Floor Great Room

Cost to Attend: FREE and Anyone can attend!

Why You Should Attend:

Grief is a response to loss in our lives, whether you've experienced the loss of someone who has passed, or a loss to which an affection or bond has been formed. We can also be affected by grief indirectly, when someone we love is mourning a loss. Centerstone invites you to our spotlight discussion on grief. Learn more about the impact of grief, including how to help yourself and your loved ones move through the stages of grief towards acceptance and hope.

Panel Members:

- Tom Schmidt, LPC, Counselor focusing on grief and trauma for 5+ years. Tom is a certified Trauma Specialist and works for Centerstone.
- Jodi Flesner, PhD, LPC, Clinician and Program Coordinator at Heartlinks Grief Center.
- Amy Blankenship, LCPC, Therapist with Catholic Charities since 2014. and has been working as a therapist since 2004. She received her MA in Counseling at Webster University.
- Pam Rorie, MSW, LSW, Social worker with Hospice of Southern IL. Pam has worked with Hospice for 20 years.

To Register:

To register for the Centerstone Spotlight event, please visit the event Facebook page at: www.facebook.com/events/2287355698209114/