

Grief Processing Group



Please join us for an 8-week session of grief processing in a comfortable, safe, and nonjudgmental group setting.

Thursdays 1:00-2:30pm

February 22-April 12

All genders, ages 25+

\$10/session

Topics to be explored:

- Getting to Know Grief and One Another
- Fear, Anger, and Guilt
- Grief Rituals, Grief Journals, and Using Art, Information, and Spirituality
- Getting Along Day-to-Day
- Dealing with Relatives and Friends
- Self-Care
- Can I Laugh Again?
- Memorializing

If you are interested or if you have any questions, please call (919) 303-0273

This group is open to all adults experiencing grief. There may be a mix of members who have lost parents, grandparents, spouses, friends, or children. All are welcome in the group.

