



Grief Support Group

Grief Support Groups can help by...

- **OFFERING** emotional support in a safe & non-judgmental environment
- **REASSURING** you that help is available & who you can call when it seems 'too much'
- **ACKNOWLEDGING** your healing process
- **TEACHING** you coping skills to help you through even your most difficult days
- **PROVIDING** hope through companionship with people 'who get it'
- **SUPPORTING** the discovery & creation of your 'new normal' while honoring the past
- **GIVING** you permission to grieve & permission to live a happy, productive life.

**Join Us on the
2nd and 4th Wednesday of Each Month
1:00-3:00 p.m.**

**To register or confirm your attendance, please
contact Angela at...**

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