

Grief and Loss Group Therapy

Starts April 19, 2021

For more information, contact:

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We will highlight that everyone grieves differently and emphasize that their grieving process can be shaped by their individual religious and cultural traditions. Grief can look like losing a role, a job, or a family member losing their health.

- Weekly on Monday 10:30 - 11:30am
- Cost: \$75 per session - sliding scale based on need
- Size: 8-10 group members
- The group will serve as a space to feel supported and connected with other individuals going through a similar experience.
- We are looking for members who have healthy boundaries and that can be refocused if needed

The group will be a psychoeducational group, rather than a process group. We will encourage the members to utilize individual therapy to process their loss, as the group will be a space to learn tools and techniques to help cope with the loss.

