



HELLO AND WELCOME,

We're so glad you've joined The Mourning Cafe's Support Group.

This is a safe place to land, a space where truth, grief, and healing are honored. Whether you feel ready or not, you've taken a courageous step. This is the place to become ready — to face grief in a healthy and healing way.

Group Details:

We will meet monthly for a 12-module journey as we walk together toward restoration and renewal.

Next Session Details

Date: Thursday, July 3, 2025

Time: 6:00 PM (Arizona Time)

Location: Zoom | Meeting ID: 861 3479 8083 | Passcode: 591505

I look forward to walking this healing journey with you.

WITH LOVE AND LIGHT,

**TAMARA "COACH TAM" VANDERPOOL
CERTIFIED LIFE TRANSITION & GRIEF COACH
#THEMOURNINGCAFE #GRIEVEOUTLOUD
#HEALINGTOGETHER**

