



12-MODULE OF HEALING JOURNEY HURRY! SEATS ARE FILLING UP! THE MOURNING CAFÉ: SUPPORT GROUP

Topics of Discussion Include:

- The Ripple Effect of Grief and Loss
- Steps to Cope with Any Type of Loss: Loved One, Divorce, Career, Child, Relationship, and More
- Grief/Stress Management Techniques
- Enhancing Self-Care Practices
- Setting Realistic Life Goals
- Coping with Chronic Illness

Grief and Loss Support Group

Time: First Tuesday of each Month | 5:00 PM - 6:00 PM

Location: Verrado: The Center on Main 4239 N Village St, Buckeye, AZ 85396-3501

Please email for instructions:

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