

GRIEF SUPPORT GROUP

Grieving can feel isolating, but you don't have to go through it alone. This therapist-led group provides a supportive and safe environment for individuals who are navigating the loss of a loved one.

Through guided discussions, psychoeducation, and mindfulness-based coping tools, participants will learn to understand their grief, honor their emotions, and find meaningful ways to move forward.

Format: 6 sessions, 60 minutes each via zoom
Fee: \$40 per session
Group Size: Limited to 6 participants
Contact: valeriaventuramft@gmail.com or 925-967-4201



Facilitated by: Valeria Ventura, LMFT
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