



Grief & Loss

Grief & Loss Support

When grief touches a family, it can be hard to process the emotions that we feel. Grief is a natural response to any significant loss, and the 5 stages of grief may occur in any order and at any intensity!

If you have experienced the trauma, anxiety, or depression caused by the loss of a loved one, then this class is for you.

This class will examine the stages of grief and provide you with strategies for dealing with them and moving beyond to face the next stage of your life.

Saturdays | 10:00 – 11:30

April 11th

Topic: Denial

June 13th

Topic: Anger

August 8th

Topic: Bargaining

October 10th

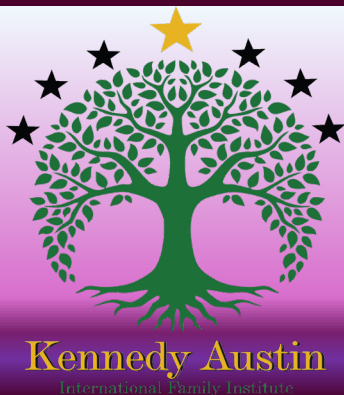
Topic: Depression

December 12th

Topic: Acceptance



Hosted by Ethel M Gardner, Founder
and Author of "A Mother's Cry"



The Kennedy Austin Foundation is a family-crisis intervention center serving the Tri-City community of Pomona, Claremont, and La Verne, California. A non-profit 501 c3.

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