



GRIEF PROCESSING GROUP

9180 ESTERO PARK COMMONS SUITE 2 ESTERO, FL 33928

This group will provide a safe and healing space for individuals as they work through feelings of grief. Along with foster meaningful connections with others who have experienced the loss of a loved one.

Support provided:

- ❖ Understanding grief and how it differs for everyone.
- ❖ Coping skills and managing stages of grief.
- ❖ Acceptance and recognition.
- ❖ Soft structure with flexibility to meet groups needs.

Meeting details:

- ❖ 6-week group
- ❖ Every Thursday at 3:00 pm- 4:30 pm (starting January 23, 2020)
- ❖ Open to anyone in the community who is grieving the loss of loved one.

For more information or to sign up contact Kendria Brown
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