



# Grief and Loss Support & Process Group

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Adults 21+ invited  
Meeting Fridays 6:00-7:15 PM  
Starting January 3<sup>rd</sup>, 2020

**Are you struggling to navigate through the difficulties of life after the loss of a loved one?**

**Are you searching for support and understanding in the midst of your grief?**

Join us for weekly support in a safe space to seek solace, hope, and support from others grieving of loss like you as we work through topics, such as:

- Learn how to live with loss
- Learn how to navigate your social world
- Understand your grieving style
- Learn how to express yourself
- Finding meaning in loss
- Physical, emotional, and spiritual reactions
- Where and how to find support

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Group facilitated by:  
Michael Piciucco,  
Marriage and Family Therapist

To register:  
Email [Michael@arrowheadfamilysystems.com](mailto:Michael@arrowheadfamilysystems.com)  
Visit [www.arrowheadfamilysystems.com](http://www.arrowheadfamilysystems.com) for more information



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