

GRIEF & LOSS

GROUP

support and process

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

Group facilitated by: **Michael Piciucco (LMFT)**
To register email: **info@arrowheadfamilysystems.com**
Register ASAP as group sizes will be kept small.