



GRIEF & LOSS GROUP

support & process

Adults 21+ Invited

Wednesdays, Starting Feb. 10th

Virtual Group: 5 - 6:15PM

In Person: 6:30 - 7:45 PM

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
- Understanding 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,
Marriage and Family Therapist

To register:

Email info@arrowheadfamilysystems.com
Register ASAP as group sizes will be kept small to ensure social distancing

