



GRIEF GROUP

- UNDERSTAND AND PROCESS EMOTIONS • LEARN ABOUT THE GRIEF PROCESS • DEVELOP COPING SKILLS • ACCEPTANCE

For those experiencing impending or past loss. Each group follows an established 10-week curriculum to guide you in a supportive and non-judgmental environment while connecting feelings and experiences with others.

10wks starting March 26th 6-7pm, Toms River

Space is limited - Call to register today!
Most insurance accepted

