



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 July 31st 6-7pm, Toms River

space is limited

