



WELL-BEING Services for: Patients * Caregivers * Loved Ones

2051 Hilltop Dr., Suite A-17C | Redding, CA 96002 | (530) 355-3476 | www.mpathtowellbeing.com

Grief Journeys through Spousal Loss: ON-SITE / ONLINE

The Grief Journeys Support Group

This is an eight - session Grief Support and Activity Group.

The death of a loved one can leave one feeling alone, confused, and isolated. Finding ways to understand your grief and how it may be affecting you can be very healing.

Please join us if you would like a supportive group setting designed with activities to help you process your grief.

Grief Journeys Support Group – **SPOUSAL LOSS** meets for eight consecutive Thurs mornings.

**Sept. 10, Sept. 17, Sept. 24
Oct. 1, Oct. 8, Oct. 15, and Oct. 22**

Time: 10:00 a.m. – 11:30 a.m.

FREE to clients receiving other Well-Being Services

*Discount Subsidized Fee: \$75 for all 8 weeks.
(Hardship Scholarships Available)*

Enrollment is limited, sign-up early.

Program Highlights:

- Share your story on-site and/or online
- Learn how grief and loss affect you
- Explore memories and gain self-understanding
- Manage loneliness, depression, sadness, guilt, and anger in healthy ways
- Process grief through activities
- Find hope through meaning and connection

On-Going Grief & Loss Services

- Handling the Holidays and Milestones
- Community Presentations
- Educational Services
- Grief Training for Professionals
- Memorial Service Planning
- Volunteer Training

Well-Being Services is committed to providing a safe and welcoming space in which to share thoughts and experience feelings. Please complete and submit relevant forms through the website if you are interested in attending this group. Expect a brief phone interview to see if this group is a good fit for you.