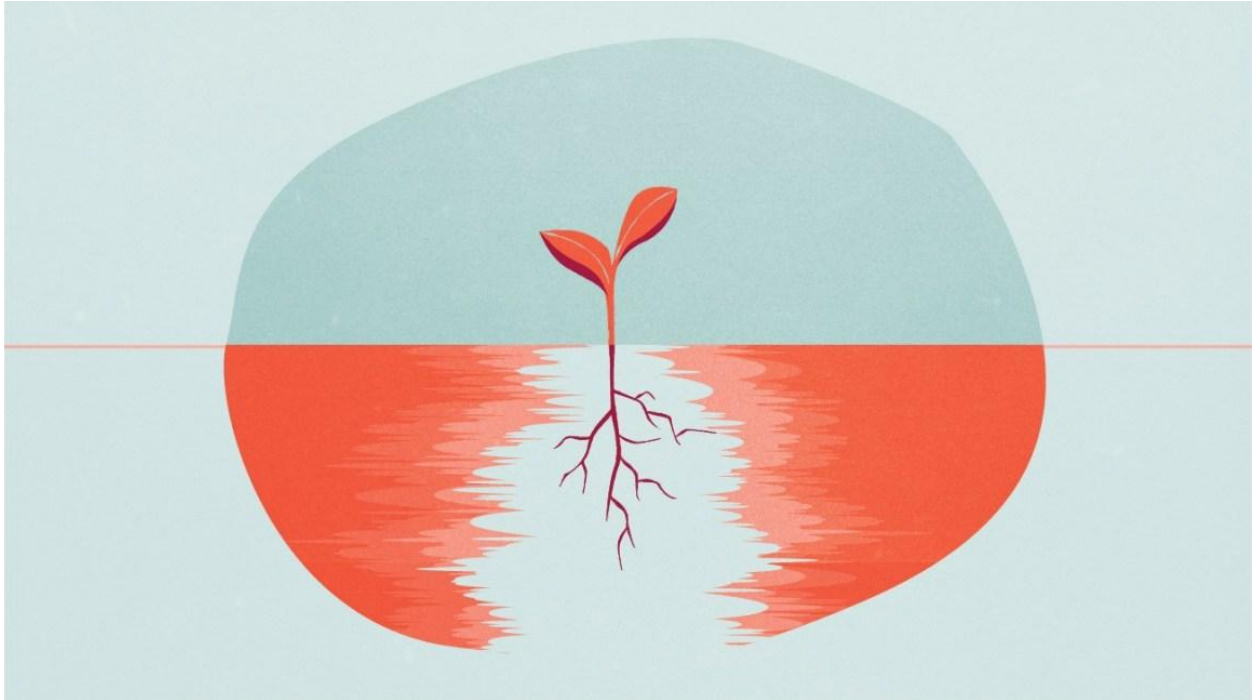


# Coping with Grief Group

Want to explore the vast experience of grieving? Want to explore the different functions of grief? Want to learn ways to grieve and practice self-care?

## Coping with Grief Group!



**Wednesday's November 4<sup>th</sup>-December 16<sup>th</sup>, 12-1:30pm**  
**Thursdays, November 5<sup>th</sup>-December 17<sup>th</sup> 6:30-8:00pm**  
**(same activities daytime or evening groups)**

**Where:** After registering, you will receive a confirmation email containing information about joining the virtual meeting.

### **Wednesday link:**

[https://us02web.zoom.us/meeting/register/tZcucOioqjkevE9Ai\\_-mREnS9liH-h4yQpnkz](https://us02web.zoom.us/meeting/register/tZcucOioqjkevE9Ai_-mREnS9liH-h4yQpnkz)

### **Thursday link:**

[https://us02web.zoom.us/meeting/register/tZAsc-CqrT8tEtGQokddCL\\_EAAbAHdhLfz5d](https://us02web.zoom.us/meeting/register/tZAsc-CqrT8tEtGQokddCL_EAAbAHdhLfz5d)

**Topics include:** The grief experience, the functions of grief, the healing pathway through grief and much more! Engaging activities and worksheets designed to help improve your well-being.

Please call 510-574-2250 to obtain Zoom meeting information.