

GRIEF PROCESSING GROUP

Starts September 17

Tuesdays, 5:15-6:45 PM, for 12 weeks



An in-person space to connect with others seeking help and healing after the loss of a loved one.
For adults, 18+.

Treatment Goals

- Accept the reality of the loss
- Process emotional pain and grief
- Find meaning and purpose in life
- Develop healthy coping tools
- Adjust to a new life while maintaining a connection to the person who has died



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Call 715-246-4840 to register



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