



Grief Support Group A
Fall 2021
Time 6:30pm-7:30pm

Date	Topic
Monday, August 16	The Grief Journey
Monday, August 30	The New Reality
Monday, September 13	Exploring Death
Monday, September 27	Coping with Stress & Change
Monday, October 11	Ocean of Emotion
Monday, October 25	Anger
Monday, November 8	Guilt & Regret
Monday, November 22	Memories
Monday, December 6	Self-Care & Support

Need to miss a night of group? Just let us know by emailing Hannah@calmwaters.org

DON'T FORGET TO RESERVE YOUR SPOT!

You'll receive an email link to sign-up at 5:00pm the Friday before each group meeting.

** Virtual groups will be hosted for ADULTS ONLY. Calm Waters will continue offering support to children through the Virtual Student Support Groups.

*For new participants please register at this link: <https://www.surveymonkey.com/r/HVP8F5D>

...helping children and families in their grief journey caused by death, divorce or other significant loss

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