



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

Date	Topic
Monday, August 23	The Grief Journey
Tuesday, September 6 <i>*Due to Labor Day holiday, group will be held on Tuesday rather than Monday.</i>	The New Reality
Monday, September 20	Exploring Death
Monday, October 4	Coping with Stress & Change
Monday, October 18	Ocean of Emotion
Monday, November 1	Anger
Monday, November 15	Guilt & Regret
Monday, November 29	Memories
Monday, December 13	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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