



Grief Support Group A  
 Spring 2022  
 Time 6:30pm-7:30pm

Date	Topic
Monday, January 24	The Grief Journey
Monday, February 7	The New Reality
Tuesday , February 22 *we are closed for Presidents Day	Exploring Death Within the Family
Monday, March 7	Coping with Stress & Change
Monday, March 21	Values and Identity
Monday, April 4	Anger
Monday, April 18	Guilt, Regret and Shame
Monday, May 2	Memories
Monday, May 16	Self-Care & Support

Need to miss a night of group? Just let us know by emailing [Hannah@calmwaters.org](mailto:Hannah@calmwaters.org)

**DON'T FORGET TO RESERVE YOUR SPOT!**

**You'll receive an email link to reserve your spot the week before each group meeting.**

\*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*