

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

Date	Topic
Monday, January 31	The Grief Journey
Monday, February 14	The New Reality
Monday, February 28	Exploring Death Within the Family
Monday, March 14	Coping with Stress & Change
Monday, March 28	Values and Identity
Monday, April 11	Anger
Monday, April 25	Guilt, Regret and Shame
Monday, May 9	Memories
Monday, May 23	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*