



calm waters

Grief Support Group B

Fall 2024

Time 6:30pm-7:30pm

Date	Topic
Monday, August 26, 2024	The Grief Journey
Monday, September 9, 2024	My Grief Story
Monday, September 23, 2024	Exploring Death Within the Family
Monday, October 7, 2024	Coping with Stress & Change
Monday, October 21, 2024	Anger
Monday, November 4, 2024	Guilt, Regret, and Shame
Monday, November 18, 2024	Memories
Monday, December 2, 2024	Self-Care & Support

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

DON'T FORGET TO RESERVE YOUR SPOT!

The sign-up link will be sent via email at noon the Thursday before each group meeting.

*For new participants please register with this QR code:



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

501 N Walker Suite 140 | Oklahoma City, OK 73102 | 405.841.4800 | Calmwaters.org