



## HOPE IN HEALING GRIEF SUPPORT GROUP

You don't have to go through the grieving process alone. Join this caring group of adults who will walk alongside you through one of life's most difficult experiences. Everything shared is confidential.

Begins: Tuesday November 5  
3 – 4 pm (for 10 weeks)  
Generations Family Health Center  
40 Mansfield Avenue • Willimantic

Open to adults 18+  
All participants must contact the group leader prior to registering for an assessment. Group sized limited to 10.

The cost may be covered by your insurance provider.

Together with Generations' Behavioral Health Clinician explore some of these topics:

- Feelings of aloneness, anger & sadness
- Myths and facts about grief
- Grief as a personal journey
- Coping with others responses to grief
- The importance of self-care
- Moving on vs. moving forward

FOR MORE INFORMATION, CALL  
**Katharine Larson, LMFT,**  
**(860) 450-0585**



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