



## **Living with Grief**

An On-going Grief Support Group  
2nd and 4th Tuesdays of the month from 10:30 - noon

Grief is a transformational fire. Losing someone we love breaks open the heart. It deserves time, attention and community. When we give ourselves permission to mourn, we begin to heal and learn how to live with loss.

Living fully after loss is a process. This group is for anyone who has experienced the loss a loved one within the past three years. It is an opportunity to talk about and explore your grief in the company of others who have also lost someone they love. We will use poetry, music, conversation and listening as we journey in Living with Grief.

WHEN: The 2nd and 4th Tuesday of each month

WHERE: We will meet online through Zoom.

TIME: 10:30 - Noon p.m.

COST: \$75 per month with convenient automatic renewal

Click the link below to register.

<https://julieinterrante.com/product/support-group-living-with-grief/>

After you register, you will receive an email with the Zoom link the day before each meeting.