

Coping With Grief



Everyone grieves differently and sometimes we may feel lost in a tangled web of emotions. If you are wondering what is normal, what helps, what more to expect, and how to best move forward, this 3-class series 'Coping with Grief' is for you.

These virtual weekly classes, facilitated by a licensed therapist, will help you understand:

- The six basic needs of grief
- Typical grief reactions
- How to use breath and movement to facilitate the grieving process
- How to cope with some of the impacts of your loss
- How to nurture an ongoing relationship and bond with your loved one

There will be time each session for sharing information and experiences, receiving support, and learning self-care strategies alongside others who are grieving.

This class is open to all adults (18+) who have experienced a significant loss due to the death of a loved one. Advance registration is required. Participants must commit to attending all 3 classes in the series.

When

First three Tuesdays of each month.
For exact dates and times, please visit pinerest.org/grief-class

Location

Virtual only.

Payment

\$120 for the whole 3-week series.

Registration

For more info or to sign up call the Portage Clinic at **269.910.7327**



pinerest.org/grief-class