

Understanding Your Grief:

A 4-week support group series for adults experiencing loss.

Led by:

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Where: Zoom

When: Mondays at 5:30 PM

Cost: Free

Scan QR Code to Register:



Feeling lost, exhausted, numb, or all the above?

The death of someone you love may leave you feeling unlike your old self, unsure of what to do with your time, and uncertain where to go from here.

Join any session as we explore

- Week 1:** Grief 101
- Week 2:** Decision-Making
- Week 3:** Coping with Change
- Week 4:** Reconciliation

Understanding Your Grief

offers an opportunity to bring context to your personal experience with loss.

This group is offered on a rotating basis throughout the year with an open invitation to join at any time, regardless of the week and topic.

Meetings take place every Monday evening at 5:30 PM, except on major holidays.