



Facing the Mourning

Presented
by
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This is an interactive support group for all ages, all types of death and length of grieving.

The group is designed to help with the grieving process by using visual, and thought provoking tools and the support of the group.



- *Week 1 - Building Memorials*
Learn how to build a special remembrance honoring your loved one.
- *Week 2 - Letter Writing*
Learn more about your loved one through letters written by friends, family or yourself.
- *Week 3 - Journaling Your Thoughts*
Learn how to journal your thoughts to show progress through the grief process.
- *Week 4 - Working toward the future*
Learn how to set goals with milestones to track progress.
- *Week 5 - Optional Opportunity*
for group to meet together

