

Living with Loss: Bereavement Support Group

You Are Not Alone

Being part of a grief group can be an important step in healing and finding comfort after the death of a loved one.


**Held every Friday
10:00 a.m. – 11:00 a.m.**

Session Topics May Include:

- Handling the Holidays
- What to do with your loved ones possessions
- Meaningful rituals – How to say goodbye
- Establishing memorials
- Handling co-workers and family members dealing with depression



The Bereavement Support Group is a group that offers support to participants who have gone through a loss of a spouse, family member or friend and want to share their experience in a safe and supportive environment. The group is led by a trained mental health professional from Telecare Corporation in Norwalk .

Sponsored by : 
TELECARE CORPORATION



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Norwalk Senior Center 14040 San Antonio Dr. CA, 90650 (562) 929-5580