

Grief Support Group

Express your sorrow, share your memories and get help moving forward with your life.

Grief is powerful—loneliness, sadness, anxiety, hopelessness, confusion, anger, fear.

You may feel like your world has ended, but you are NOT alone. If you've experienced a loss and are struggling with the overwhelming feelings of grief, Haven can help.

Come together for mutual support from others who are grieving. Led by our professional clinicians, participants will learn about and face the reality of their own unique grief, as well as share their pain in a supportive setting. Together we will explore and develop healthy coping strategies, restore a sense of hope and help you move forward.

- Dates:** 8 weekly sessions beginning Thursday, February 16, 2017
- Time:** 6:00 – 7:30 p.m.
- Place:** First United Methodist Church, 603 State St, Schenectady, NY.
Meeting in the church library.
- Fee:** \$10 per session
- Contact:** Heather Lewis, LMSW
- RSVP:** Please call 518-370-1666 for a brief intake with our staff.
- Email:** hlewis@jfsneny.org

