

“LIVING WITH LOSS” Grief Support Group– Co-Facilitated by Bonnie Burg, LICSW & River Malcom, retired Marriage and Family Therapist.

(Wednesdays, February 13-March 20, 3:45-5:15pm)

Grief includes all the many shifting and sometimes conflicting emotions that we humans experience after a loss. The loss may be of an important friend or family member, ability, place, financial security, or way of life. Finding safe and life-serving expression for these feelings is *work* – the work of grief, or mourning. Grief and mourning are unique individual journeys. Many people find help and solace in sharing with others, and in learning how others face the challenges of living with loss.

The LIVING WITH LOSS Grief Support Group will offer educational materials, guided meditations, grief exercises, and opportunities to share in a supportive environment. There is no charge (though donations to the Orcas Senior Center are always welcome). You need not be member to attend. Please plan to attend all meetings so the group can develop a sense of trust and connection.

For more information, or to register for the group, please call the Orcas Senior Center at 360-376-7929 or contact River Malcolm at 360-298-1415, or rvmalcolm@gmail.com.

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