

TAKE THE FIRST STEP TOWARDS COPING WITH GRIEF AND LOSS.

The City of Rancho Cucamonga presents

Continuing the Conversations: Perspectives on Grief and Loss

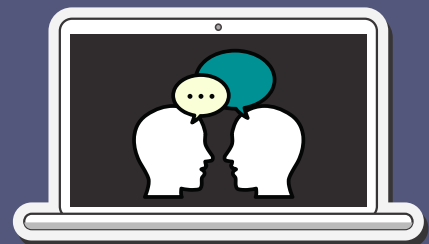
6:00 p.m. - 7:30 p.m.

Starting Wednesdays:

June 3rd, 10th, 17th, 24th

RSVP through

Eventbrite at: bit.ly/Rancho-Grief



You and your loved one are invited to free community conversations on identifying and coping with grief and loss. Listen to powerful community testimonials that showcase resilience by seeking support. Take part in small group discussions on starting the conversation of finding mental health services to support your experiences with grief and loss.

Week 1: Perspectives on Grief and Loss Discussion

Week 2: 5 Stages of Grief

Week 3: Stuck Points, Unhelpful Thinking, and Self Compassion

Week 4: Moving Forward, Where Do I go From Here?

