

YOUNG ADULT GRIEF SUPPORT GROUP

Safe Harbor



You Don't Have to Grieve Alone

Our Young Adult Grief Support Group, for ages 18-29, is for any individual who has experienced the death of a relative, partner, or friend. Based on a peer-support group model, this gathering is an opportunity to meet with other people who are also dealing with the various overwhelming range of reactions we can experience after the death of someone we love.

When: Starting January 2021 (date TBD) group will meet one Monday a month from 7-8:30pm

Where: Zoom

Link to join will be sent out before each session

Cost: Safe Harbor is free of charge

How to Attend: Registration is required

For more information or to register: Contact Safe Harbor at SafeHarbor@jefferson.edu or call [215-481-5983](tel:215-481-5983)