Grief Support Group

Sharing your feelings and thoughts can be a healthy outlet during the grieving process. There are many different tools and activities that might support you in this journey, come explore some options and talk to others who can understand the path you are now on.

This group will meet online, once-a-week for six weeks, in a supportive environment to help navigate the grief associated with losing a loved one to cancer. Please be available to attend all sessions.

Join us as we:

- Support each other
- Learn ways to communicate our needs to family/friends
- Explore tools for coping with grief.

Open to existing clients. Space is limited and advance registration is required, please see contact info below.

Facilitated by Laura Crutchlow, LCSW

**Dates:** Mondays, April 6, 13, 20, 27 and May 4, and 11, 2020

**Time:** 6:00-7:30pm

This support group will be online using TheraLink. To register, please email Laura Crutchlow at: [laura@cancercarepoint.org](mailto:laura@cancercarepoint.org) or email us at: [info@cancercarepoint.org](mailto:info@cancercarepoint.org).

Space is limited and advanced registration is required. Please register by emailing Laura at: [laura@cancercarepoint.org](mailto:laura@cancercarepoint.org) or [info@cancercarepoint.org](mailto:info@cancercarepoint.org).