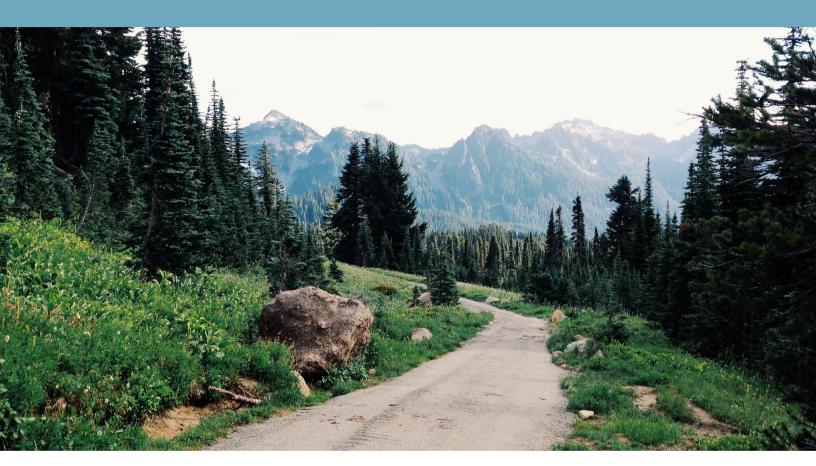
Life After Loss

An 8-week adult grief and bereavement group



Meets every Thursday January 23 to March 12 · 6 - 7:15 pm

Recommended for adults 18+ who have experienced the death of a loved one within the last 5 years. Cost per session is \$75, insurance (including Medicare) is accepted. Topics covered include: understanding grief, learning coping skills to manage grief, and moving forward in life with the memory of your loved one.

To register or for more information, please contact Lauren Abdill, MSW, LGSW at labdill@relatemn.org

