

# 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  
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