

GRIEF GROUP FOR TEENS (AGE: 16-18YEARS)

Grief is a personal and unique journey. The feelings and thoughts each person will have about their experiences to loss are naturally different. We grieve when a loved one has left, whether through death or a break up. We also grieve when we experience big life changes that may include a loss of things we value and find comfort in, such as: trust, familiarity, faith, safety and health.

Join me for this six week Grief Group, as it brings grieving youth together in a safe and supportive environment to look at unhelpful beliefs and patterns of thinking about dealing with loss. This group is prepared to help you understand your grief and to let you know that you are not alone.



**MAY 20 - JUNE 24, 2020
WEDNESDAYS 6 - 8 PM
TELE-COUNSELLING: GOOGLE HANGOUTS
COST: 395.00/PERSON**

****The cost also include a 30 minute intake with legal guardians for participants who are 17 years old and younger.**

To register and determine program suitability please contact
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7807097098 or dorispsychology@gmail.com