

Understanding Your Grief



Understanding Your Grief is a free support group for anyone experiencing strong grief from the loss of someone. The support group's goal is to create a safe space to explore each person's unique path in grief, and will meet weekly for 8-weeks.

Members of the group will have the opportunity to share with one another about their own challenges in grief, and hear how each other may have approached them. Participants will also learn new coping strategies through thoughtful discussion on topics such as misconceptions about grief, recognizing you're not crazy and the needs of mourning. All materials for the group will be provided.

Grief can be difficult, and each person experiences it differently. Through sharing and learning new ways of approaching grief, we can find meaning in the experience of grief and loss.

Thursdays—January 11—March 1, 2018

5:30—7:00 PM

CMH Columbia Center

2021 Marine Drive—2nd Floor in the Chinook Room



Contact Mark Muse at 503-338-6230 to register.