

Bereavement Group

For People 55 and older

Thursdays, 1:00 – 2:30 pm

We invite you to join this ongoing group facilitated by 2 experienced peer counselors in Santa Monica to share with others the experience of losing a loved one. In a confidential and safe setting, you will have the opportunity to express your feelings and receive both understanding and positive feedback.

Through the sharing with others you may be able to identify and address your own physical and emotional needs and develop new strategies necessary to cope with the hard days.

With the support of others you can learn to look ahead and begin again.

**To sign up or for more information:
(310) 394-9871, ext. 373 or 215**

This is NOT a drop-in group.

– Meets on the 2nd floor in the Blue room –

For further information on other WISE & Healthy Aging services, please call Information & Referral at (310) 394-9871, ext. 464.

www.wiseandhealthyaging.org