

COPING WITH GRIEF AND LOSS

A Stay Well Workshop Series

Mondays at 6:00 PM OR Wednesdays at noon

From week of April 18 through May 23, 2022

Learning to live with grief and loss is a painful process—and while it may differ from one individual to another, it helps to understand the normal feelings we all experience.



In this 6-week online workshop series, clinical mental health counselor Zeinab Moussa continues to discuss the emotions experienced by those who are grieving and offers healthy ways to cope. Like her previous grief-and-loss series, each weekly workshop will focus on one aspect of the grieving process, and participants will engage in drawing, writing, mental exercises, and relaxation techniques to help them work through their grief.

Supplies needed: plain paper; markers or crayons; pencil or pen.

Register for as many sessions as you like. All are free of charge.

TOPICS AND DATES

Week of April 18, 2022 – **Denial**

Week of April 25, 2022 – **Anger**

Week of May 2, 2022 – **Depression**

Week of May 9, 2022 – **Anxiety**

Week of May 16, 2022 – **Acceptance**

Week of May 23, 2022 – **Closure and Healing**

[Click here to register for the MONDAY at 6 PM group](#)

OR

[Click here to register for the WEDNESDAY at NOON group.](#)