



South Orange County
Family Resource Center



PRESENT

Grief and Loss Support Group via ZOOM

Join us to support each other through the journey of grief and loss

Schedule: Thursdays, 5:00pm-7:00pm

February: 11th, 18th, 25th

March 4th, 11th, 18th, 25th

April 1st

TOPICS

Session 1- Registration paperwork, Introductions and Complicated Grief description

Session 2- Group activity and discussion about a family member or friend

Session 3- Sharing memories and expressive arts activity

Session 4- Continuation of memory sharing and discussion

Session 5- Individual storytelling and expressive arts activity

Session 6- Share a special moment

Session 7- Personalized expressive arts exploration

Session 8 -Reflection and closing surveys

How do I sign up?

Call Carmen Benavides, MSW Intern at (949) 951-2427 to schedule a quick pre-screening Zoom interview to see if this group would be a good fit for you.

Group Sessions are **FREE** and this group will be in English.

A group member needs to have reliable internet connection along with a device to commit to attend all sessions online to receive a certificate of completion.