

Gentle Steps Together Grief Support Group

from Design Meets Mind, LLC



Are you navigating the emotional journey of grief after losing a parent, grandparent, or child? We invite you to join our Grief Support Group from October 16th to February 19th. Our group is designed for adults, aged 18 and up who are seeking support during this challenging time.

- **Group size:** 7-10 Adults max
 - **Schedule:** Every other Wed. from 7-8:15 PM
 - **Group format:** 1-hour virtual sessions
 - **Duration:** An 8-week program
 - **Cost:** \$35 per group session (With a 2-session free trial period)
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- Gain positive coping skills
 - Work through adjustment issues
 - Promotes processing of emotions in a supportive space
 - Encourages open and honest dialogue to connect and relate to others

Call **484-393-5758** or email Mrs. C. Wright, LPC, GC-C at designmeetsmindllc@gmail.com to register.