



PROCESSING GRIEF

From Loss through Acceptance

A winter grief group to empower participants to better understand the grieving process, and deal with change and loss in a safe, supportive environment.

SPACE IS LIMITED. GROUP IS OPEN TO ADULTS ONLY (18+).

WHEN: Wednesdays, 12 - 1:15 P.M., beginning January 10, 2024

WHERE: In-person at the Community Consultation Center,
40 Montgomery Street (wheelchair accessible)

Virtual Zoom option available. RSVP for access.

Light refreshments will be served.

Most insurances accepted.

We can experience grief from sudden changes in our life—whether it's the loss of a loved one, a job, a relationship, a pet, or even transitioning to a new life stage.

Join us as we honor the grieving process together!

For inquiries or to RSVP:



dlehon@henrystreet.org or call 212.233.5032

