

Human Services Center  
130 West North Street New Castle, PA 16101

# Life after Loss

## Coping with Grief Group

**Begins:** January 8th 2019 and will be for 6 weeks on Tuesdays from 2:00 PM to 3:30 PM

**Where:** In the conference/family room on the 1<sup>st</sup> floor at the Center



### What to expect:

**Session 1:** Introduction to group (getting to know each other)

**Session 2:** What to do with loved ones possessions

**Session 3:** How to handle special occasions (birthdays, anniversaries, holidays)

**Session 4:** Dealing with depression (learning coping skills and self-care techniques)

**Session 5:** Establishing memorials/meaningful rituals

**Session 6:** Reorganizing Life

**Individuals can join at any time. Registration closes January 1, 2019**

**Please contact Kayla Fee (724-498-0730)**