

Grief and Loss: Beyond Blue

A six-week support group for those who have suffered the loss of a loved one through death.

The free six-week workshop begins on:

Tuesday, October 6th

Followed by: October 13th, October 20th,
October 27th, November 3rd and
November 10th

1:00pm-2:30pm (all dates)

Note: after the second session, this will be a closed group. You are still welcome to contact us to receive support and information about other services.

Location:

USC Verdugo Hills Hospital
1812 Verdugo Blvd., Glendale
ACR Barr Conference Room

Sessions will be facilitated by:

Adria E. Navarro, PhD, LCSW and
Miesha Walker, MSW Intern

Free Parking in Lots 2, 3 or 4

**Registration by phone or email
required:**

(818) 949-4033

Aging-Resources@med.usc.edu



Grief is a natural response to loss and there is no right or wrong way to grieve.

It's helpful to allow yourself to grieve, share your grief and let others support you. In time, one learns to live with a loss by moving forward in new and different ways.

Topics will include:

- Moving through grief
- Coping with feelings that surface
- Ongoing growth
- Stress management
- Relationship changes
- Journey forward

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Community Resource Center for Aging