

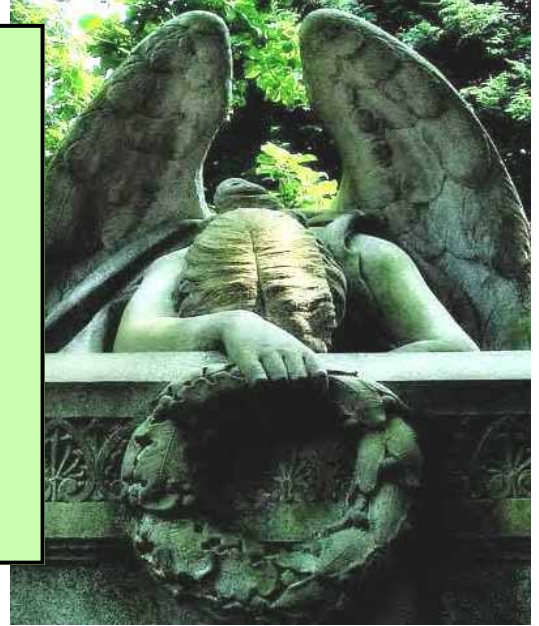


# Grief Support Group

Series of 4 Meetings on Wednesdays  
February 6, 13, 20 and 27, 2019  
4pm to 6pm

## Grieving Gracefully: When less is not more

Willow List, MAPsych



Coping with the death of a loved one can be a daunting emotional journey. Beyond the sadness, feelings of fear, anger, guilt, regret and despair often arise creating a sense of confusion and uncertainty for the bereaved, as well as for those around them. These challenging emotions however, can be a source for spiritual awakening and offer valuable insights to become skills to navigate the process of grief in an emotionally healthy manner. In this four-week series facilitated by Willow List, Certified grief, loss & life transitions counselor and clinical trauma professional, participants will share and gain mutual support of their loss experience, as well as learn tools for self-care and transforming treasured memories into opportunities for a meaningful new pathway to move forward. Participants are encouraged to bring a photo of their loved one to the first meeting.

Cost: \$60 for the series of 4 meetings

To register call Marlene at (310) 377-4867 ext 234 or email her at [mvelazquez@maryjoseph.org](mailto:mvelazquez@maryjoseph.org) or register online at [www.maryjoseph.org](http://www.maryjoseph.org)

Please see website or Guide for Cancellation Policy.

### MARY & JOSEPH RETREAT CENTER

5300 Crest Road Rancho Palos Verdes, CA 90275 (310) 377-4867

[www.maryjoseph.org](http://www.maryjoseph.org)

Email: [mvelazquez@maryjoseph.org](mailto:mvelazquez@maryjoseph.org)

RETREAT RESERVATION ~ Please return this form with your payment. Thank you.  
"Grieving Gracefully" Willow List, MA, Psych 4 Meetings, Wed. Feb 6,13,20,27, 2019 4-6pm

NAME \_\_\_\_\_ PHONE (\_\_\_\_) \_\_\_\_\_

ADDRESS \_\_\_\_\_

EMAIL \_\_\_\_\_

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