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| **Grief is Normal:**Understanding & Coping through the Grieving ProcessWe invite you to join a morning of support and connection through this 2-hour grief workshop.It is designed to include:* Gaining better understanding of what grief & loss is
* Learning the different stages of grief
* Adjusting to the “*new normal*” without your loved one
* Attaining strategies to assist in coping with grief & loss
* Sharing experiences in the company of others who understand

WHEN: Saturday (TBA)(wait listed until reaches 4-6 people)TIME: 10:00 am – 12:00 pmCost: $30.00LOCATION: Rancho Cucamonga Therapist 7365 Carnelian Street Suite 202 Rancho Cucamonga, CA 91730 **Facilitator**: Ronena Summers, Trained Grief CounselorRegistered Marriage and Family Therapist Intern (IMF78961)Supervised by Stacey Merrell, LMFT #46624**\***Pre-registration is required - Call 310-927-5579Adults (18+) Are Welcome*Light refreshments will be provided* |