

## Young Adult Grief Support Group



Healing Hearts Center for Grief and Loss will offer a support group for Young Adults who have experienced the death of someone close to them. In this group, members will have an opportunity to meet with others who are dealing with the range of emotions one may experience after a death. In a safe and confidential environment, group members are invited to share their personal experiences with grief, as they face the challenge of rebuilding their lives with meaning and hope.

This six-week session meets twice per month in the evening. To learn more or to find out how to join, please contact :

Joanna DeNicola, LCSW at 203-702-9152



**Home of the Healing Hearts Center for Grief and Loss**

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