

LOSS

Have you lost someone, and it still hurts.

Have you lost something that you miss.

Have you lost trust in people, and want it back.

Have you lost yourself, and need help.

Family Enrichment Clinic is pleased to announce a **Loss & Grief Group** for adults! Participants will receive counseling/education about loss and appropriate ways for handling loss, while making use of the benefits of the group process. Worksheets with loss management strategies and exercises will be provided.



What is Loss?

Loss is an emotion that we all experience. Though loss can be viewed as a typical response to certain situations, people may not be able to express their loss and emotions effectively. As a result, these feelings can lead to anger, depression, withdraw/coldness, subsidence abuses, stress, trauma and more.

Loss & Grief Group:

Hour TBA, Please contact Family Enrichment Clinic to register

Date: OPEN ENROLLMENT ** 1.5 hr 8-12 weekly sessions

Cost: \$30 per session; Insurance or Medicaid Accepted

Staff Therapist: Iris Chang, M.M., M.Ed., LMFT-A

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