

# Grief Support Group

Experiencing a loss can be challenging. Many emotions may come up including sadness, anger, and despair. This group will be a safe space to process through the emotions of grief. Together, we will explore aspects of grief including the stages of grief, healthy coping skills, myths, and triggers. Just know that you are not alone.

Meeting Frequency  
Group Facilitator

Thursdays at 8pm  
Kevin Stier, LPC

For more information or to join the group, contact Kevin at [kstier@claritychi.com](mailto:kstier@claritychi.com)

BCBS & Self-pay (\$50/session) accepted.