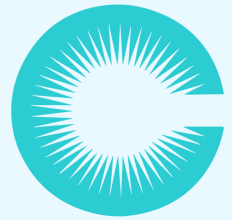




Grief Group



Clarity Clinic

Right now, if you're struggling with grief and loss, it's important that you know you're not alone. This group will provide a safe space to learn about and cope with the grieving process. Alleviate your symptoms of grief by developing and using a variety of coping skills



Overview:

- Group therapy/counseling is a form of talk therapy in which one or more psychologists engages with a small group of patients
- The groups are designed to address a specific and unified area
- Group counseling is known to be one of the most effective methods for combating interpersonal challenges such as grief and loss

Group Details:

Meeting Frequency: Every Wednesday at 7 pm via Telehealth

Facilitator: Emily Shelton, LCPC, LMHC, CADC, CAGCS, CRSS

Insurance: Aetna | BCBS | Cigna | Humana | Tricare | UnitedHealthcare | Self-pay \$50

Contact: eshelton@claritychi.com

Join:

www.claritychi.com/class/grief-group/

