

Coping with Loss

This group provides a **supportive space to reflect on and process the many losses we experience throughout life**, including people, pets, opportunities, and changes in health, identity, and life circumstances.

Wherever you are in your journey, we've got you!

WHERE

Hybrid Group

(virtual and in-person)

Safe Haven
Wellness Center

WHEN

Wednesdays

3:00PM-4:00PM



Contact for more info on joining!

(805)-305-3724 or email mlittlefield@t-mha.org

