

Overcoming Grief & Loss

A Support Group for Adults

**HAVE YOU LOST
SOMEONE CLOSE TO
YOU?**

**GET SUPPORT
FROM OTHERS.**

**FIND HEALTHY WAYS TO HONOR
AND INCORPORATE THE LOSS
INTO YOUR LIFE.**

The Overcoming Grief and Loss group meets once a month at the Rt. 40 Office of Upper Bay Counseling and Support Services, Inc., 1275-B W. Pulaski Hwy, Elkton, MD 21921.

Whether your loss is recent or occurred years ago, join our group to meet others who have lost a loved one, process your grief in a supportive environment, and learn coping skills to begin to heal. Light Refreshments provided.

** This group available to open UBCSS clients*

** Medicaid & Medicare only*

Meets the FIRST THURSDAY of every month at 10am.

Next Meeting Dates:

- ◆ November 7th, 2019-10am
- ◆ December 5th, 2019-10am
- ◆ January 2nd, 2020-10am
- ◆ February 6th, 2020-10am
- ◆ March 5th, 2020-10am
- ◆ April 2nd, 2020-10am

Ask your therapist or call Alexandra Deloach, Group Facilitator, at 410-620-7161, ext. 1207 for more information.



**Upper Bay Counseling
& Support Services, Inc.**

Helping Individuals ~ Strengthening Families ~ Uniting Communities

upperbay.org