

VIRTUAL GRIEF GROUPS

- Free, virtual grief groups
- We hope you can join us for all six sessions, but if you're only able to join for a few that's fine too
- Mondays from 11:00 am - 12:00 pm
OR Thursdays 6:30 - 7:30 pm
- Provided by master's level behavioral health clinicians.
- Topics include: Self-care, positive affirmations honoring loved ones and more
- RSVP: crcgriefgp@compasshn.org
or call our crisis line at 888-237-4567
to help get you connected

