



A PROGRAM OF THE FRANK R. HOWARD FOUNDATION

Bereavement Support Group

This facilitated 8-week group provides an opportunity to learn the symptoms of grief, as well as to recognize the individual nature of its expression and duration. With a fuller understanding of the grief process and effective ways to cope, we can find meaning and move forward.

Beginning Thursday February 8

Time: 2-4pm

Willits Senior Center

To register call:

Suzanne Picetti-Johnson (707) 456-9676

FREE OF
CHARGE

Space is
Limited



Susana Wilson and Suzanne Picetti-Johnson
Group Facilitators