

**Talk Line Family Support Center**

# **Grief Group**

## **Tuesdays 2:00-3:30pm**

Starting Date TBD

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Have you experienced a major loss of a loved one through death?

Are you re-experiencing a major loss over the holidays?

**Discussion topics will include:**

- Grieving process
- Taking care of yourself and balancing family obligations
- Managing your grief and transitioning after loss

Facilitated by:  
Michelle Moran: 415-387-3684, ext. 342  
Elisabeth Callahan: 415- 387-3684, ext. 340

**Enrollment Required.**  
**Childcare Provided.**

If you have experienced a different type of loss, please call us.