

Join Us to Find Hope and Healing

Connect with other young adults who have lost a loved one,
in a supportive and confidential *virtual* group setting.

Agrace is offering a five-week grief support group for adults aged 18 to 30 who have experienced a loss due to death. Join us in a confidential, non-judgmental space where you can share, connect, learn and advance the healing process.

- Gain insight into grief & healthy coping
- Discuss personal responses to loss & find comfort in connecting with others
- Talk with other young adults in the same stage of life who can relate to your loss



Image: freepick.com

Young Adult Grief Support Group – *Virtual*

Meets online via Zoom: Tuesdays in August (3, 10, 17, 25, 31) 6:30 – 7:30 p.m.

- Fee: \$50 for the series; fee may be lowered or waived, if needed
- Open to **everyone** (not just for families of Agrace Hospice Care patients)

Register Today

Pre-registration is required. Please contact the Agrace Grief Support Center in Fitchburg by July 30: **(608) 327-7118** or **griefsupport@agrace.org**.

 Agrace™

Grief
Support
Center

All Are Welcome:

Programs offered by the Agrace Grief Support Center are open to anyone in the community who wants emotional support.

Agrace.org/GriefCenter