



LIVING WITH LOSS: BEREAVEMENT SUPPORT GROUPS

Will be held every Friday, 10:00 a.m. - 11a.m.

You Are Not Alone

Being part of a grief group can be an important step in healing and finding comfort after the death of a loved one.

What to expect:

Groups will be held every Friday from 10 a.m. - 11a.m.

Trained, mental health professionals will provide training and facilitate group discussions. Participants will be invited to share their stories and gain strength from each other.

Session Topics May Include:

- ◆ Handling the Holidays
- ◆ What to do with your loved one's possessions
- ◆ Meaningful rituals — How to Say Goodbye
- ◆ Establishing memorials
- ◆ Handling co-workers and family members
- ◆ Dealing with depression

Norwalk Senior Center
14040 San Antonio Dr.
Norwalk, 90650
(562) 929-5580



*“Those We Love
Don't Go
Away,
They Walk
Beside Us
Every Day...”*

Individualized Services Are Also Available

If you would like to talk to someone privately, please call the Telecare Older Adult PEI Program (562) 929-6688 and ask about individual therapy services.



VIVIENDO CON UNA PERDIDA: GRUPO DE APOYO PARA DUELO

Todos Los Viernes 10:00 a.m. - 11:00 a.m.

No Estas Solo

Ser parte de un grupo de apoyo puede ser un paso importante en la curación y encontrar la comodidad despues de la muerte de un ser querido.

Que Esperar:

El grupo sera todos los Viernes para un hora 10:00 a.m. - 11:00 a.m. Profesionales de salud mental, entrenaran y facilitaran discussions. Participantes seran invitados ha compartir sus historias y obtener Fortaleza de los demas.

Temas de las sessions pueden incluir:

- ◆ Que hacer con las pertenencias de nuetros seres queridos
- ◆ Rituales Significantes — Como Decir Adios
- ◆ Establecer Memoriales
- ◆ Manejar companeros de trabajo y familiares
- ◆ Manejar la depression

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*Los seres
que queremos
no se van,
Caminan
a nuestro
lado todos
los Dias*

Servicios Individuales son disponibles

Si le gustaria hablar con alguien en privado, por favor de llamar al programa de Telecare PEI al (562) 929—6688 y preguntar por servicios.