Releasing the Grief in My Life

A VIRTUAL SUPPORT GROUP FOR ADULTS

Healing Through Loss, Finding Strength for Tomorrow

Grief can affect every part of life—your emotions, relationships, physical health, and sense of purpose. Whether you are grieving the loss of a loved one, a relationship, a life transition, or another significant loss, **you do not have to walk through it alone.**

JOIN US

MONDAY, OCTOBER 5, 2026

8:00 PM – 9:00 PM (VIRTUAL)

A SAFE SPACE. SHARED HEALING. RENEWED HOPE.

GROUP TOPICS INCLUDE:

- Understanding the grieving process
- Expressing emotions in healthy ways
- Coping with loss and life changes
- Managing anxiety, sadness, and loneliness
- Building resilience and self-compassion
- Honoring memories while moving forward
- Strengthening support systems
- Finding hope and meaning after loss

What to Expect

A safe, supportive, and judgment-free environment where participants can share experiences, gain insight, learn coping skills, and connect with others who understand the challenges of grief.

INSURANCE EXPECTED

aetna | Anthem | cigna healthcare | HUSKY HEALTH

Please check with your insurance provider to verify your specific coverage and benefits.

YOU ARE NOT ALONE. HOPE IS POSSIBLE.

- Virtual sessions available throughout Connecticut.
- Most major insurance plans accepted.
- Confidential and supportive environment.
- Open to adults experiencing grief and loss.



FACILITATED BY:

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Grief is not about letting go of the person or loss— it is about learning how to carry love, memories, and hope forward.