



How to Cope with Grief and Loss

Community Bereavement Support Group

Sharing the pain of grief with others won't make it go away, but can make it easier to bear. In these sessions, you will learn more about the normal grieving process, common myths and misconceptions, ways to get through significant milestones, and how to cope.

You do not need to register. There is no fee.

You are welcome to attend as many sessions as you would like.

Facilitated by

Cesar Tellez, Chaplain

520.858.2264

February through May 2012

1st and 3rd Thursday of each month

1:30–3 p.m.

J. Warren Chapel

525 N. Peart Rd.

Casa Grande, AZ 85122



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