

How Is Your Grief Today?

- *Are you feeling overwhelmed*
- *Do you feel empty?*
- *Are you having trouble focusing?*
- *Are you feeling lost and alone?*
- *You may benefit from a grief support group*

6 Week In Person Mindfulness Based Grief Support Group

Tuesday Evenings July 23 - August 27, 2024

6:00 - 7:30 PM Cost: \$360

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Location: Isabelle Rd., Lafayette, CO 80026

"The fact that a certain amount of times has gone by does not mean you should be feeling a certain way"