

Young Adult Bereavement Art Group

Eight Evening Session Series
Offered twice a year, once starting in February,
and again starting in September

This group is appropriate for any young adult, age 17 to 24, who is coping with a death of someone close.

Topics to be covered during the eight sessions include:

- Acknowledging and Understanding Grief
- Expressing and Accepting Feelings
- Changing of Roles
- Coping and Stress
- Developing Supportive Relationships

Session Times: 6:00pm to 7:30pm

Session Location: UC Davis Home Care Services Building
3630 Business Drive, Ste "F"
Sacramento, CA 95820

(Business Drive is located off 14th Avenue, between 65th Street and Power Inn Road, South of Hwy 50 and Folsom Blvd.)

Group size is limited.
You may register anytime during the year by calling
Don Lewis at 916-734-1139, or emailing at
donald.lewis@ucdmc.ucdavis.edu
We look forward to seeing you.

This is a free service offered by the UC Davis Hospice Program and UC Davis Children's Hospital, along with a generous grant from Children's Miracle Network.