



8 Sessions
Every February
and September
6:00pm to 7:30pm

Located at UCD Home
Care Building
3630 Business Drive
Suite F
Sacramento 95820

For more information
or to register call
916-731-6867

There is no cost for
this support group

Group size is limited

Free parking

We look forward to
seeing you

Young Adult **Bereavement Art Group**

This group is appropriate for any young adult, age 17 to 24 years old, who is coping with the recent 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