



A Grief and Loss Support Group

Every Wednesday from 10:00 - 11:30 am at Thrive Counseling Center



Join us in a safe and nurturing environment to share the experience of the death of a loved one and feelings of loss, grief and other complex emotions related to the death. Together, we will learn to cope with endings in life, hear about others who have survived the loss and begin to see hope and joy in the future.

Call Anu Spain, LCSW 708 383 7500 X 435 to discuss readiness for the group and for billing/insurance questions. This group is meant for adults age 21 and over. The cost is \$40 per session but this service is generally covered by insurance.