

Surviving Life After Loss: A Grief Support Group



The Vista Library will be hosting a monthly drop-in group for anyone who has suffered any type of loss. Participants gain support from others who are suffering from grief and are seeking ways to cope with day to day challenges that occur during this difficult human experience.

Learn what grief symptoms are normal & what tools may be helpful to you when learning to live with loss.

****Group is FREE of charge and open to anyone who would like to attend****

2nd Saturday of each month

10am-11am

Vista Library Conference Room

For Information Call: Lydia Lombardi, LCSW #760-576-5822

www.pierviewcounseling.com