

Living with Grief

Grief is not only experienced when a person passes away. Grief accompanies all types of loss.

Join us for this four-part series on grief for parents and other family caregivers of children with disabilities, medical complexity, and other special health care needs.

All sessions will be held via Zoom.

Zoom Link: <https://bit.ly/LivingWithGriefGroup>

Drop in for just one session, or attend as many as you'd like! All are welcome.

Part 1: Back to School



A new school year brings new routines, new people, and new hope. But there's that grief again, still here. So what is grief, anyway? Let's discuss!

Thursday, September 25 at 6:00pm

Part 2: Masking & Unmasking



Grief can stir up a lot of different emotions, not just sadness. How do we honor all of the emotions that come up while also learning to cope?

Thursday, October 23 at 6:00pm

Part 3: Grief & Gratitude



Sometimes life brings changes. We adjust and make sense of these changes. Is there space for both Gratitude and Grief in the midst of change?

Thursday, November 20 at 6:00pm

Part 4: Holiday Grief



Holidays can be hard, no doubt about it. Grief is somehow woven throughout all of the festive gatherings, family traditions, and shared meals. What support do you need?

Thursday, December 18 at 6:00pm



Tracey Schindler Pollack, MS LPC

Tracey is a Mom of a child with special health care needs and a Psychotherapist at Grow Health and Wellness.

Please reach out with any questions about the group!
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