

# **Grieving the Death of a Loved One Support/Action Group Program**

**6 Fridays, 3-4pm**

**Oct 25 – Dec 6, 2024**

**(except Nov 29)**

**In-person at the Unitarian Church**

107 W Barcelona Rd, Santa Fe, NM 87505

**This group program is for those who have experienced recent deaths of family, friends, or colleagues.**

**It is free-of-charge and is facilitated by Eileen Joyce, Certified Coach and Grief Recovery Specialist with 25 years of experience.**

**The purpose of this program is to learn and share in a confidential setting. Each week we will discuss grief and loss and how they affect daily life and relationships.**

**Over the six weeks we will cover:**

- **Losses and how we deal with them**
- **The myths about grief, loss, and healing**
- **How unresolved grief affects our capacity for happiness**
- **Creating resilience even in times of greatest challenges**

**The program is sponsored by The Memory Care Alliance.**

**Attending all 6 weeks is recommended but not required. Please contact Eileen by calling 505.428.0670 or email [ej@eileenjoyce.com](mailto:ej@eileenjoyce.com) to reserve your place.**

