

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

6 Thursdays 1:30-2:30pm

Oct 24 – Dec 5, 2024

(except Nov 28)

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 to reserve your place.

