

ADULT GRIEF GROUP

Facilitated by Lydia Gentry, LCSW

A 6-week group for adults who have experienced the sudden or traumatic death of a loved one. A safe space to process grief, build coping skills, and honor your loved one.



- Thursdays 6pm - 7:30pm beginning 10/8 (10/8, 10/15, 10/22, 10/29, 11/5, & 11/12)
- Group size is limited

- In-person sessions
- Fees: \$50 per session, (participants are expected to engage in minimum 4 out of 6 sessions).
- Prior enrollment required

RESERVE YOUR SPOT

To enroll or inquire further, contact Lydia Gentry at 913-717-6619 or email lydia@abalancedlifellc.com