



# Grief & Loss Art Therapy Zoom Group

In this group we will explore the use of art materials as ways to process grief while holding space for the many complicated emotions that come with loss. Show up exactly as you are and find support from therapists and peers who are walking alongside you. No art experience needed, all materials and styles of creativity welcome.

Monday at 3:30 - 4:30 p.m. on  
Zoom. Beginning March 20th.  
Join by video or dial in.



Please email  
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to register.

