

Student Counseling Services

# GRIEF SUPPORT GROUP

**Meets Wednesdays | 9-28 | 10-5 | 10-12 | 10-19 | 10-26 | From 3-4pm**

Participate in this five-week series to receive **support, validation** and **connection** with fellow students who have also experienced loss. This structured group will provide information on the grief process and assist you in **healing** and **acceptance**. You will have the opportunity to tell your story and practice healthy **coping strategies**. As the content builds, it is important you attend all sessions. Activities will be provided in each group to assist your journey.

*Sign Up Now to Reserve Your Space:*

**-space is limited to 10 participants-**

*[www.ysu.edu/student-counseling-services](http://www.ysu.edu/student-counseling-services)*



*You Are*  
*Not Alone*



**Student  
Counseling  
Services**

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