

**DEPARTMENT OF COUNSELING**

# Grief & Loss Support Group

We have all experienced loss at one point in our lives. It could be the loss of a loved one, relationship, job, dream, ability, or security. Come join our group to share your experience, support each other, and learn ways of coping with grief in a safe and confidential environment.

**When:** Mondays at 1:30-2:30PM

**Where:** Department of Counseling, Room L 68.31NB

The group will be facilitated by Dr. Heather Holtman. If you would like to join or have any questions, please email her at [hholtman@jjay.cuny.edu](mailto:hholtman@jjay.cuny.edu)

