

# Seasons of Grieving

A Group to Support Resilience  
in Times of Loss

Join other adults in a brave and  
supportive space to share your  
journey of healing and growth.

**You are not alone**

**Potential Benefits:**

Exploring emotional identification  
and expression

Learning coping and resilience  
strategies for different types of loss

Remembering and honoring our losses

And more...

For more information or to register for group  
please contact Expressive Therapies  
by phone at 920.903.1009  
or Email: [scheduling@expressivetherapies.net](mailto:scheduling@expressivetherapies.net)



**Mondays, 5:30-6:30 PM**  
**6 week group**

**December 2, 2024 -**  
**January 13, 2025**

**\*No Group Monday, December 23**

**Expressive Therapies**  
**250 N Metro Drive, Suite B**  
**Appleton, WI**

For current information regarding group, office closures, and more information on  
staff and other services and events Expressive Therapies offers we invite you to:  
Visit our website at [www.expressivetherapies.net](http://www.expressivetherapies.net)  
Follow us on Facebook and Instagram