

LifeMark

GRIEF SUPPORT GROUP

A 7-Week Support Group
**For those who are dealing with
the death of a loved one.**

Email or call us now to sign up for the next class!

ABOUT OUR GROUP :

Grieving the death of a loved one can be a very isolating and lonely experience. While the journey may be a solitary one, you are not meant to journey it alone. Make the courageous choice to find meaning in the midst of loss and choose life in the midst of death. We at LifeMark want to come alongside of you as you process the loss of your loved one, realize the imprints that loved one has left on your life, and the legacy that lives on in you. Meet weekly with people who are on the same journey as we create a safe place to be heard, known, and understood.

WHAT WE COVER:

- Connecting & Sharing our Stories
- The Nature of Loss
- Models for Grief
- Watching for Red Flags and Living with Loss
- Adapting to Change and Finding a New Normal
- Connecting in the Midst of Loss and Making Meaning, Moving Forward
- A Celebration of Life



We Accept Most
Insurance Coverages



443.859.8584



hradish@lifemark.pro
www.LifeMark.pro



116 West Main Street, Suite 204
Salisbury, MD 21801