

Monthly



Grief Support **Group**

Every Third Thursday of the Month
10:30 a.m. - 11:30 a.m.

Find comfort, understanding, and hope.

Our Grief Support Group is a safe, welcoming space for anyone coping with or preparing to cope with the loss of a loved one. Guided by experienced grief counselors, our group offers gentle support, meaningful conversation, and practical tools to help you navigate the difficult emotions that accompany grief.

Whether you're looking to share your story or simply listen, you'll be surrounded by others who truly understand. You don't have to walk this journey alone—healing begins when we support one another.

**The date and time of the group changes in the month of December when we do a special holiday event.*

Please let us know you plan to attend by contacting us at

(317) 764-2124

6612 E. 75th St. Suite 150, Indianapolis, IN 46250

