



FINDING HOPE TOGETHER: GRIEF SUPPORT GROUP

Navigating the journey of grief can be one of life's most challenging experiences. If you're struggling with the loss of a loved one, know that you are not alone.

THE WINGS CENTER at Eagle Ranch, in Flowery Branch, is forming a therapist-led open support group for adults who are grieving the loss of loved ones. This compassionate group is designed to help you feel supported and less alone in your grief. We will focus on topics such as the impact of grief on the body, coping with grief, reimagining life after loss and more.

Each meeting will include a brief teaching about a discussion topic, followed by an extended opportunity for discussion around the topic. Whether you're recently bereaved or have been carrying the weight of loss for some time, we welcome you to join us on this path toward healing and renewal.

If you have questions or would like to register for this group, call 770.967.7170 or email Ashlyn Bradshaw at abradshaw@thewingscenter.org.

GROUP DETAILS

Participants	Adults grieving the loss of a loved one.
Duration of Sessions	90 minutes
Date	February 29, March 7, March 14, March 28 and April 4
Time	10:00 - 11:30 a.m.
Location	The Wings Center 5480 Union Church Road Flowery Branch, GA 30542
Cost	\$25 per person



THE
WINGS CENTER
AT EAGLE RANCH