



# The Good Grief Group

Second Thursday of the Month 7 – 9PM

So much loss on a human life! From break-ups and divorce, job loss and retirement, moving house and empty nest, growing old, ill health and of course, death – how and where can we honor these things that break our hearts? Let Alison Cameron guide you in a compassionate exploration of how to grieve our sorrows together. From telling our stories in a sacred circle through to the guided meditation and closing ritual, we will leave comforted, supported and heard

Minimum three people needed to hold the group.

Please contact Alison at 562.522.8248 to reserve a seat.

Donations Gratefully Accepted.

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