

Exploring Grief Group



SamaraCare

**Meets Every Thursday
6:00PM - 7:30PM**

**Fall Session:
October 12 - December 7
(Meeting at Winnetka
Congregational Church)**

**Winter Session:
February 8 - March 28
(Meeting Virtually)**

SamaraCare's Exploring Grief Group provides a safe and supportive environment for adults who have experienced the death of a spouse, friend, parent, partner, or other loved one.

This grief group helps:

- Facilitate acceptance of grief and promote healing
- Normalize the intense impact of grief
- Provide a nonjudgmental space to share thoughts, process emotions, and receive support

This program is offered in two 8-week sessions. Three North Shore congregations have come together to sponsor the group, making it available to participants at no cost. An experienced professional counselor facilitates the group, which consists of those from various spiritual orientations. Everyone is welcome. Please register as soon as possible as space is limited.

For questions or to register, contact Joellen Hosler, PhD, M.Div, LCPC at 847-446-6955, ext. 419 or jhosler@samaracarecounseling.org.

**Sponsored by Christ Church Winnetka,
Kenilworth Union Church, Winnetka Congregational Church**