

Navigating Grief Through The Holidays

FREE 6 Week Grief Support Program

Group Details

In-Person Group (Los Gatos Office): Tuesdays, 11:00 am to 12:20 pm

Dates: December 16, December 30, January 6, January 13, January 20, January 27

Virtual Group (on Zoom): Tuesdays, 2:00 pm to 3:20 pm

Dates: December 16, December 30, January 6, January 13, January 20, January 27

Commitment: Participants may attend one, some or all sessions

Topics

Week 1: Naming Grief in a Season of Celebration - Understanding Grief in the Holiday Context

Week 2: The Body in Grief - Grief as a Whole-Body Experience

Week 3: Carrying Love Forward - Continuing Bonds in Grief

Week 4: Boundaries, Care and Self-Compassion - Navigating Expectations with Self-Care

Week 5: Blessing the Path Ahead - Grief as a Teacher, Future as Possibility

Week 6: Honoring Grief, Welcoming the New Year - Integrating Love, Memory and Hope

Facilitator

Led by a licensed marriage and family therapist familiar with Jewish traditions, values, and community life.



To Learn More or Register:

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