



Grief Support Group A  
Fall 2024  
Time 6:30pm-7:30pm

Date	Topic
Monday, August 19, 2024	The Grief Journey
Monday, September 16, 2024	My Grief Story
Monday, September 30, 2024	Exploring Death Within the Family
Monday, October 14, 2024	Coping with Stress & Change
Monday, October 28, 2024	Anger
Monday, November 11, 2024	Guilt, Regret, and Shame
Monday, November 25, 2024	Memories
Monday, December 9, 2024	Self-Care & Support

Need to miss a night of group? Just let us know by emailing [becca@calmwaters.org](mailto:becca@calmwaters.org)

**DON'T FORGET TO RESERVE YOUR SPOT!**

The sign-up link will be sent via email at noon the Thursday before each group meeting.

\*For new participants please register with this QR code:



*...helping children and families in their grief journey caused by death, divorce or other significant loss*

501 N Walker Suite 140 | Oklahoma City, OK 73102 | 405.841.4800 | [Calmwaters.org](http://Calmwaters.org)