

Education and Support for Grieving Families & Friends

Previous Meetings:

Sept. 2, 2021: Living with Loss / Healing With Hope – with grief expert Ted Bowman

October 14, 2021: Clearing away items after a death of a loved one without regret – with Jill Freeman, Gentle Transitions

November 4, 2021: Navigating the holidays or other special occasions after losing a loved one; presenter Ryan Moravetz with Brighter Days Family Grief Center. Learn more about Brighter Days Family Grief Center

December 2, 2021: Strategies that Helped Bring Peace to Grieving Caregivers and Family; Panel to exchange experiences and ideas; Shaunequa James, BSW, MSW, LGSW, Program Director, Gilda's Club Twin Cities

January 6, 2022: Self-Care During Grief; Brittany Squillace, MA, LMFT, Licensed Grief Counselor