

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

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

February 6, 2022: Our Loved One's Belongings: A Psychosocial Conversation; Kelly Grosklags, LICSW, BCD, FAAGC

March 3, 2022: Loving those Who Have Left Us; Brittany Squillace, MA, LMFT, Licensed Grief Counselor

April 7, 2022: Is My Grief Valid? Getting to the Bottom of Disenfranchised Grief; Brittany Squillace, MA, LMFT, Licensed Grief Counselor

May 5, 2022: Navigating the Anniversaries of Loss; Brittany Squillace, MA, LMFT, Licensed Grief Counselor

June 2: Determining the Path of Your Unique Grief Journey; Brittany Squillace, MA, LMFT, Licensed Grief Counselor

July 14: Where to Find and Share Resources to Help Yourself and Others When Grieving; Brittany Squillace, MA, LMFT, Licensed Grief Counselor

August 4: Practical Coping Tools and Ideas for Creative Expression While Grieving a Loss; Brittany Squillace, MA, LMFT, Licensed Grief Counselor

