

Education and Support for Grieving Families & Friends

Previous Meetings:

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

September 8: Facing Loss: When Hope and Grief Co-Exist. Brittany Squillace, MA, LMFT, Licensed Grief Counselor

October 13: Healing the Scary Parts of Grief: Addressing Traumatic Loss. Brittany Squillace, MA, LMFT, Licensed Grief Counselor

November 3: Honoring Your Grief Journey While Navigating the Holidays. Brittany Squillace, MA, LMFT, Licensed Grief Counselor

December 1: Carry the Old Over to the New: Transitioning into a New Year While Grieving; Brittany Squillace, MA, LMFT, Licensed Grief Counselor

January 5: Technology Detox: How To Handle Your Deceased Loved One's Social Media and Technology; Brittany Squillace, MA, LMFT, Licensed Grief Counselor

February 9: The Power of Grief Breaks; Brittany Squillace, MA, LMFT, Licensed Grief Counselor

March 9: Piles of Love: Sorting Through Loved Ones' Belongings; Brittany Squillace, MA, LMFT, Licensed Grief Counselor