

VIRTUAL GRIEF GROUP

This **7-week** virtual grief support group provides a compassionate and supportive space for individuals who have experienced the loss of a loved one.

Beginning May 5, the group will meet weekly on **Tuesdays from 4:00–5:30 PM**. Participants will have the opportunity to process their grief alongside others navigating similar experiences while building coping strategies and mutual support.

A Client **Comprehensive Evaluation** (COMP) must be completed prior to participation to ensure the group is a good fit and to support each participant's therapeutic needs.



WHO IT'S FOR

Adults who have experienced the loss of a loved one and are seeking connection, understanding, and supportive coping strategies.



GROUP FORMAT

This 7-week closed group, meets virtually on Tuesdays from 4:00-5:30 PM. Participants are expected to commit to all sessions to support group continuity and trust.



FACILITATED BY

Julie Bengtson, MA, Clinical Trainee in our Buffalo, MN office, with experience supporting individuals through grief and loss.

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cmmhc.org/contact-us