



...Through Grief & Loss Support Group

Grief: The normal and natural reaction to loss

Grief will continue to adversely affect our lives and those around us when we accept these
MYTHS ABOUT GRIEF:

All losses are the same

Time heals all wounds

Replace the loss

Grieve on your own

Be strong for others

Bury your feelings

Don't talk about it

When grief is resolved, it never comes up again

Information

- To schedule a brief prescreening appointment, please contact:
Nancy Wahlig, LCSW (858-534-5793) or Kevin Ramotar, Psy.D. (858-534-0255)
- Location and time to be determined.