

GRAPPLING WITH GRIEF

Is a free, ongoing, open virtual support group for adults who are grieving the loss of a loved one to cancer. We meet twice a month via Zoom to provide individuals with the opportunity to reflect on the grieving process, share stories, and build a community.

WHEN WE MEET

1st & 3rd Wednesdays Every Month
6:30-7:30 pm

Different topics will be covered each meeting. Topics Include:

- Self Care
- Surviving the Holidays
- All the Feelings
- Loss of Control
- And Many More!



Khaneisha Harewood,
MSW, LCSW, OSW-C



Melissa Strubbe,
LMSW, OSW-C

Sign Up Today!



SCAN ME

Register for FREE today at

www.texasoncologyfoundation.org/grapplingwithgrief