



GRAPPLING WITH GRIEF



EMOTIONAL HEALTH

Grappling with Grief



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.

Different topics will be covered each meeting. Topics Include:

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

When We Meet

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

Register for **FREE** today at

TexasOncologyFoundation.org/GrapplingWithGrief



*Melissa Strubbe,
LMSW, OSW-C*



*Jenn Paxton,
MSSW, LCSW,
OSW-C*



*Diamond Lee,
LCSW*

