

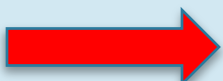
 **NEW DATES**

Grief Support Group

Explore your grief and loss through music, art, psycho-educational experiences and the comfort and community of others

Offered by Seasons Hospice of San Diego

Seasons Hospice of San Diego Bereavement services will be offering a free 6 week bereavement group. If you or someone you know has experienced the death of a loved one, this is an opportunity to learn about grief and coping with loss, as well as understanding, expressing and dealing with difficult emotions.

 **Six Thursdays - 4:30-6pm April 26 – May 31**

San Diego Center for Spiritual Living
1441 Sixth Avenue San Diego, CA 92101
(619) 491-3087 www.SanDiegoCSL.org



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