



# GRIEF GROUP

## *for Various Life Losses*

**LONG BEACH** Thursdays 7-8:30pm, March 26-May 21  
**SANTA ANA** Saturdays 11am-12:30pm, March 28-May 23

Grieving a loss of any kind can be very painful. This therapy group is an opportunity to process grief in a warm and supportive environment. The groups are open to anyone who needs a safe space, community and tools to facilitate the grief process. The groups are for people dealing with a variety of losses, including the death of a loved one but also grief related to past or present circumstances such as the losses related to diminished health, painful relationship losses, unfulfilled dreams and difficult life transitions.

The groups will explore:

- The process of grief, how our families have dealt with loss, and our own individual path
- Unresolved areas of guilt, anger, and other difficult emotions
- Areas of resilience and the path to the new normal
- How anxiety relates to loss, how to manage it, and how to grow through it.

The groups will use *The Grief Recovery Handbook*.

The Long Beach group will be held at Long Beach Christian Fellowship (close to LB airport and the 405). The Santa Ana group will be held at the SRP office in Santa Ana (close to the 55, 22 and 5). The cost for each group is \$50 per session (or \$400 for 8 sessions; both groups will take the week of Easter off). The group is a closed, small therapy group. For more information, for an application and to set up an interview prior to the beginning of the group, contact Vickie Wagner at 714.262.4445, ext. 12 or by email [vickie@soulrestorationproject.org](mailto:vickie@soulrestorationproject.org).



Vickie Wagner, M.A.

Vickie Wagner, MA, Associate Marriage and Family Therapist, and Megan Fenton, MA, Associate Marriage and Family Therapist, will co-facilitate these groups. Megan and Vickie look forward to creating this safe space with and for you. They believe grief is a neglected yet important, albeit difficult, part of every journey of growth. They draw upon their clinical training as well as their own journeys of loss.



Megan Fenton, M.A.