



Growing Through Grief

Six Week Writing Group

Begins Sunday June 16, 1 - 2:30 pm EDT, 10 am -11:30 am PDT

We are living in unprecedented, tender times. The losses are great and come in many forms: loss of a beloved, Earth grief, loss of identity, anticipatory grief, wildfires, shootings, social division, loss of a pet, job loss.

We were never meant to carry grief alone. This weekly on-line gathering is for those who would like to experience healing through writing and sharing within a kind, supportive group context. When we honor and give voice to our grief, we discover the silver lining of loss: gratitude, new beginnings, and rebirth.

To register contact:

marilyn.marks.licsw@gmail.com 413-588-4300

marilynmarkstherapy.com

(a big thank you and credit to Scott C. Tomassi for the wonderful Robin's nest photo)