

# Grief Support Group

Learning to live  
with the loss of a loved adult



This eight-week support group is for individuals who have experienced the death of an adult loved one. Group meetings are focused on receiving and offering support through personal sharing, listening, discussion, reflection, meditation, and art work. This support group is open to all and offered **FREE** of charge.



**Meetings are held 5:30 p.m. – 7:00 p.m.**  
**on Wednesdays four times a year in 2020**  
**Winter (February 5 – March 25) at UCSF Parnassus**  
**Spring (April 1 – May 20) at UCSF Mission Bay**  
**Summer (June 1 – July 19) at UCSF Parnassus**  
**Fall (October 7 – November 25) at UCSF Mission Bay**

For more information please call **415-353-1941**

Sponsored by the Department of Spiritual Care Services

**UCSF Health**

