

Grief & Grieving

A Group for Adults Experiencing Loss

Increase your social support while building resilience in the face of emotional distress, reconnecting with yourself, and finding your way toward post-bereavement growth and change.

This group is open to individuals and couples over 18 years of age who have recently experienced the death of a loved one or other significant loss.

Location:

The Center for Relational
Change
1789 S. Braddock Ave #350
Pittsburgh, PA 15218

Contact: 412.301.5221

Registration is required.

Fee: \$5 /person, per session

*The Center for
Relational Change*



Healing Hearts | Empowering Minds | Restoring Spirits