

# *Mourning to Morning*



## *Grief Support Group*

Grief is experienced in so many ways -- physical, emotional, financial, and spiritual. One needs a place to recognize that these reactions are part of the journey of grief. Being with other grieving people can reaffirm that one is experiencing a natural process. While every loss is unique, through this support group one can experience comfort in the support of others who have experienced loss, and understand.

Groups are held every Thursday from 4:30 to 5:30 pm , weather permitting, except holidays. The group meets at the Montgomery County Health Department.

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