

GRIEF AND LOSS ART THERAPY

GROUP



English Session hosted in-person in Harbor City and via Zoom. 10 spots available for in-person



A confidential group where caregivers support each other through the power of art therapy. With a marriage and family therapist trained in art therapy, you will use art to process and reflect on your grief while gaining coping skills.



Starting: Thursday
November 06, 2025
for 5 weeks
Time: 10am-11am



Facilitated by
Gaby Espinoza, LMFT #139028 & Board-certified
art therapist

No experience with art is necessary. Supplies will be provided as needed. Notify your FA if interested in joining group.