

# Grief and Loss Group

Virtual Group Wednesdays 4pm-5pm

**11/04, 11/11, 11/18, 12/02, 12/09**

Facilitated by

**Ashley Smith, Marriage and Family Therapist Trainee**

&

**Nazia Athar, Marriage and Family/Art Therapist Trainee**

Supervised by Gaby Espinoza, LMFT #139028 & ATR-BC

A confidential group where caregivers support each other. You will process and reflect on your grief while gaining coping skills.

Brought to you by VOALA Children Services Division. For families with children enrolled in VOALA
Presentado por VOALA División de Servicios para Niños. Para familias con niño/a(s) inscritas en VOALA

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