



Grief & Loss

A group for clients
enrolled in treatment
at Northside

As a participant in this group you will:

- Receive help in order to work through the feelings associated with a significant loss, accept that loss and consolidate memories in order to be able to move forward.
- Learn about the grieving process and the many symptoms and changes you may experience that are normal reactions to loss.
- Get in touch with your feelings of grief and loss in an environment that will support the talking about ones feelings.
- Participate in healing-focused activities that will promote the development and utilization of healthy coping skills.

Fridays • 12:00–1:00 pm

Northside Community
Outpatient Services
226 Dixwell Avenue, 2nd Floor
New Haven

Contact your clinician to be referred
to this group.



Cornell Scott
Hill Health
Center

www.cornellscott.org •   