

NRHS GRIEF GROUP

A safe space to share, learn, and heal

What is grief?

Grief is what we feel when we go through something really hard or lose something important to us.

It can show up in many ways —

- ☹️ feeling sad
- ☹️ angry
- ☹️ numb
- ☹️ confused
- ☹️ or even guilty.



In this group, we'll:

- 🌱 explore healthy ways to express feelings
- 💬 build coping skills
- 🌻 find hope and strength together

You're not alone.

If you've experienced loss — whether it's the death of someone you love, a big life change, or something else — this group is here for you.

Interested?

Scan the QR code below to learn more or sign up!

