

COPING WITH GRIEF AND LOSS

A Stay Well Workshop Series

Mondays at 6 p.m. and Wednesdays at noon

Learning to live with grief and loss is a painful process—and while it may differ from one individual to another, it helps to understand the normal feelings we all experience.



In this six-week online workshop series, clinical mental health counselor Zeinab Moussa discusses the emotions experienced by those who are grieving and offers healthy ways to cope. Each weekly workshop will focus on one aspect of the grieving process. Participants will engage in drawing, writing, mental exercises and relaxation techniques to help them work through their grief.

Supplies needed: plain paper; markers or crayons; pencil or pen.

Choose the series that fits your schedule and register below.

All sessions are free.

Register here for the [MONDAY EVENING Series](#):

Mon., March 27 at 6 p.m. – **Denial**

Mon., April 3 at 6 p.m. – **Anger**

Mon., April 10 at 6 p.m. – **Depression & Anxiety**

Mon., April 17 at 6 p.m. – **Acceptance, Closure, & Healing**

Register here for the [WEDNESDAY NOON Series](#):

Wed., March 29 at noon – **Denial**

Wed., April 5 at noon – **Anger**

Wed., April 12 at noon – **Depression & Anxiety**

Wed., April 19 at noon – **Acceptance, Closure, & Healing**

Scan for
Monday series
registration ->



Scan for
Wednesday
series
registration ->



For more information, visit Michigan.gov/StayWell.