



COPING WITH GRIEF AND LOSS

For teens and young adults

When a friend or loved one dies, it changes your world. As a young person, you may find yourself struggling to deal with the new reality, and painful emotions that come and go.

This online workshop series offers perspective, understanding and healing for people in their teens and early 20s who are grieving. It uses art, writing, mental exercises and other techniques to teach coping skills and ways to feel better.

Held on Zoom - Wednesdays at 3 p.m.

Aug. 3 - You might be having a hard time adjusting.

Aug. 10 - You might be experiencing stress.

Aug. 17 - You might be feeling overwhelmed.

Aug. 24 - You may be avoiding difficult feelings,
like frustration, anger, or sadness.



Scan here to see all Stay Well resources for teens.

TO REGISTER: <https://bit.ly/3Nvnbyh>



STAY WELL

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