



MOORPARK COLLEGE STUDENT HEALTH CENTER

# Loss and Grief

Join us in creating a community of support for concerns associated with grief and loss

**DATE AND TIME TBD**

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Make your mental health a priority. All meetings will be held virtually, via Zoom. Join this group to discuss moving forward from this time of loss in your life.



# Don't Miss This Group

You do not have to deal with loss alone.

## What to expect:

- Learn about the process of grief
- Group discussions about loss and healing
- Opportunities for social connections and support
- Improved ways of coping with loss

Please call MC SHC (805) 378-1413 to schedule a group screening today. Please e-mail [ssilverstein@vccd.edu](mailto:ssilverstein@vccd.edu) for more information regarding this group.

