Promoting the wellness, recovery, and resilience of adults experiencing disabilities.

TACID

# Journey Through Grief (ZOOM ONLY)

Journey Through Grief is a peer-led support group for **adults (18+)** navigating the pain of loss—whether it's the death of a loved one, the passing of a beloved pet, the loss of health, or any meaningful life change. Grief is personal, but it doesn't have to be lonely. In this group, you'll find a safe, supportive space to share your feelings, reflect, and connect with others who understand. Join Peer Lisa, a Certified Grief Educator, as she gently guides the group with compassion and insight through the journey of healing.

ONLINE SCHEDULE
COPY TO YOUR CALENDAR

| | |
|---|---|
| Zoom ONLY | Wednesdays 11:00 – 12:15 pm |
| Zoom ID | 847 9675 3682 |

**For more information contact:**

Lisa at (253) 565-9000 ext.133 or email lisa@tacid.org