



## Grief Support Group

“Allow us to help you ease your loss”

- \* Are you feeling empty or lost?
- \* Is there no one to turn to who will listen or who really understands?
- \* Are triggers of your loved one everywhere?
- \* Are you struggling to make it through your day?

Grief is a very personal journey. Come join us and learn coping strategies, develop a support network and be able to share your experiences with others in a small group environment.

(\* Open to anyone who has experienced a loss in their life \*)

---

Dates: 1<sup>st</sup> and 3<sup>rd</sup> Tuesday's of each month, beginning March 5th  
Times: 6:00PM – 7:30PM  
Moderator: Kim Engstrom, M.S. Counselor (<https://kimengstrom.com/>)  
Location: 2 Station Way Road, Chadds Ford, Pa. (Across from Hank's place)  
Contact: Please contact Andy Rumford at 610.742.5249 for more information.

[www.kaciescause.org](http://www.kaciescause.org)