



## Support Group: Grief, Loss and Bereavement for Young Adults

---



Suffering from the loss of a sibling, close friend, loved one, or parent?

Many grief support groups focus on older adults or young children. This group is especially for young adults ages 21-40.

### We'll Discuss How To:

- Reduce feelings of isolation and anxiety.
- Learn coping and self-care techniques to manage complicated emotions.
- Improve communication with loved ones.
- Recover your sense of hope & empowerment.

### Facilitator:



Allyson Galishoff, LMSW

TO REGISTER, PLEASE CONTACT:  
[ALLYSON@NYCCOUNSELING.COM](mailto:ALLYSON@NYCCOUNSELING.COM)

- **Beginning Feb 1, 2023**
- **Wednesdays: 6:30-8pm**
- **Virtually: Google Meet**
- **8-Week commitment**
- **\$75/session - Out of network benefits may apply. Discounts for pre-payment gets cost to about \$60/session.**