Bereavement Group
For People 55 and older

Tuesdays, 1:00 – 2:30 p.m.

We invite you to join this group in Santa Monica to share with others the experience of losing a loved one. In a confidential and safe setting, you will have the opportunity to express your feelings and receive both understanding and positive feedback.

Through the sharing with others you may be able to identify and address your own physical and emotional needs and develop new strategies necessary to cope with the hard days.

With the support of others you can learn to look ahead and begin again.

This is NOT a drop-in group.

For more information and registration, please call (310) 394-9871, ext. 373

For further information on other WISE & Healthy Aging services, please call Information & Referral at (310) 394-9871, ext. 464.

WISE & Healthy Aging, a nonprofit social services organization, enhances the independence, dignity and quality of life of older adults through leadership, advocacy and innovative services.