

COUNSELING & PSYCHOLOGICAL SERVICES

THE JOURNEY: A GRIEF/LOSS GROUP

It's okay to ask for what you need. Whatever your situation, your grief is real, and your loss is important. Though you might need time in solitude to come to terms with the loss you have experienced, it is also important to accept the support of others. The Journey Grief/Loss Group may be the support you are looking for.

Who should attend this group?

This group is intended for GW Students who have experienced the death of a family member (i.e. parents, guardians, grandparents, spouse/partner, siblings, extended family members, etc.).

Due to the unique nature of grief work, external referrals or individual therapy referrals at CAPS should be made for students who have experienced the death of a friend, or the suicide of a friend or loved one.



What will this group provide to me?

- **A safe environment where you can narrate your story and express feelings freely in a supportive environment**
- **A place for establishing a connection that brings a decrease in isolation**
- **A forum for understanding common myths about what grief is and how to grieve**
- **A community that validates your emotional reactions**

Grief is a natural response to loss. There is no right way to grieve and no set timeline. The more significant the loss, the more significant your sense of loss.

The Journey Grief/Loss group will create an outlet to share feelings with others who have experience or are experiencing familial losses. Join us and let us support you through your sorrow.

HOW DO I GET CONNECTED?



In-person group sessions will be held at the Colonial Health Center on Tuesdays from 11:00AM - 12:30PM starting on February 8, 2022.

To learn more if this group is for you, call [202-994-5300](tel:202-994-5300) to speak with a clinician.

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