The Journey: A Grief/Loss Group
Co-lead by Dr. Vaughn Miller and Dr. Francine Baffa
Spring 2022

Information for Grief and Loss Group Flyer

Who: For GW Students who have experience 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 or individual therapy referrals at CHC CAPS should be made for students have experienced the death of a friend, suicide of a friend or loved one.

What: 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.

It provides …

- 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 decrease in isolation
- A forum for understanding common myths about what grief is and how to grieve
- A community that validates your emotional reactions

The Journey grief and loss group will create an outlet to share their feelings with others who have or are experiences familial losses. Join us and let us support you through your sorrow.

Where: In-person group offered at the CHC CAPS.
University Student Center Ground Floor
800 21st Street, NW
Washington, DC 20052
Phone: 202-994-5300 (24/7)
Email: counsel@gwu.edu

When: Tuesdays from 11:00AM to 12:30PM starting 2/8/2022.
**Why:** 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.

In part, we heal ourselves as we tell the tale. And this is the awesome power of the story. – Alan D. Wolfelt, Ph.D.