**Loss, Change, and Transformation: Grief Group**

**Thursdays  
10:30 am to 12:00 pm  
Room 1193 – Group Room A   
WCHC**

* *We meet weekly to help us connect through loss to what is most meaningful for our life.*
* *We learn skills to engage with difficult emotions.*
* *Within each loss lies the possibility of growth.*

For information contact health coach  
 Dr. Changaris at 925.335.7435

**Join us for our ongoing drop-in workshop!**

*WCHC Health Coaching Classes*

**Through togetherness we can find a light in the darkness.**

