



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A NEW BEGINNING AFTER A LOSS

Freedom From the Pain of Grief and Loss

YMCA LIFE GROUPS

Monday | 6 PM–7:30 PM | Jan. 20–Mar. 23

Loss is tragic. Sometimes we lose a person we love, but sometimes we lose something else, like a relationship, financial security, dream, expectation, innocence, or even a feeling we once had.

This ten-week group offers a caring place to work through the grief of any major life change.



In This Session

- Discover how to overcome anger associated with loss
- Work through stages of grief such as bargaining
- Learn how to feel appropriate sadness and deal with depression
- Understand what forgiveness and acceptance truly mean and what that looks like for you

New Sessions Begin Soon

- Monday Nights | 6 PM–7:30 PM
- Jan. 20–Mar. 23
- YMCA Conference Room
- \$20 for study book
- Maximum 10 participants

Contact Demi Day at dday@ymcacw.org