



SAN GABRIEL VALLEY GRIEF RESOURCE
& TRAINING CENTER

Holiday Grief Support Group

**New Holiday Grief Support Group starting
Monday Nov 1st - Jan 31st**

**MONDAY NIGHT
4:00 PM - 5:15 PM
ONLINE GROUP
AVAILABLE FOR ALL AGES**

Contact SGVGRTC to sign-up or for more
information at 626.866.1748 or email
info@sangabrielvalleygrief.org

Grief during this time of year brings about difficulties that complicate the grieving process and support available to mourners. This group provides a community to anyone grieving and coping with a loss during the holidays and the difficulties the holidays bring.