Grief & Loss

The pain of loss can be overwhelming, but you don't have to grieve alone.

This weekly group provides a supportive space for healing through community and connection.

Process feelings and emotions connected to your loss, including the end of a relationship, divorce, or difficulty coping with the death, suicide or incarceration of a loved one.

- Give and receive support, share memories and access resources
- Develop healthy ways to cope
- Learn self-care strategies to help adapt to changes in your life

WEDNESDAYS

2:00PM - 3:00PM

NEW TIME!

Pomona Wellness Community
750 S. Park Ave.
Pomona, CA 91767

More Info

909-802-2650
pomonawc@ph.lacounty.gov