

Renz Counseling

Bereavement Support Group

***Support during the grieving process can help you
cope more effectively.***

Join with others and find compassion and comfort.

Our support groups are informal gatherings of 6 to 12 people, led by Cathy Renz, LICSW. Participants listen and share their feelings in a supportive environment.

What you can expect when you attend these meetings...

- **Information:** Learn about the nature of grief and how it affects people in different ways.
- **Reassurance:** Know that you are not alone, that your reactions, thoughts and emotions are part of the normal course of grief.
- **Sharing:** Stories, feelings and memories. Members also have the opportunity to share coping techniques.
- **Opportunity:** Reach out to others, even in the midst of your own pain. Helping others in a similar situation can be healing in itself.

Renz Counseling
378 Page Street, Suite 6
Stoughton, MA 02072

**2nd & 4th Wednesday
of each month
6:15pm–7:45pm**

Pre-registration is required.

To register, please call 339-364-8510.

All participants must complete a brief telephone pre-screening.

Cost: \$30 per session.