

COPING WITH GRIEF AND LOSS

A Stay Well Workshop Series

Wednesdays at NOON from January 12 through February 16, 2022

Learning to live with grief and loss is a painful process—and while it may differ from one individual to another, it helps to understand the normal feelings we all experience.



In this 6-week online workshop series, clinical mental health counselor Zeinab Moussa continues to discuss the emotions experienced by those who are grieving and offers healthy ways to cope. Like her previous grief-and-loss series, each weekly workshop will focus on one aspect of the grieving process, and participants will engage in drawing, writing, mental exercises, and relaxation techniques to help them work through their grief.

Supplies needed: plain paper; markers or crayons; pencil or pen.

Register for as many sessions as you like. All are free of charge.

[Click here to REGISTER](#) or visit Michigan.gov/StayWell.

TOPICS AND DATES

Wednesday, January 12 at 12:00 p.m. – **Denial**

Wednesday, January 19 at 12:00 p.m. – **Anger**

Wednesday, January 26 at 12:00 p.m. – **Depression**

Wednesday, February 2 at 12:00 p.m. – **Anxiety**

Wednesday, February 9 at 12:00 p.m. – **Acceptance**

Wednesday, February 16 at 12:00 p.m. – **Closure and Healing**

Stay Well is a crisis counseling program administered by behavioral health professionals at the Michigan Department of Health and Human Services (MDHHS) in partnership with the Michigan Public Health Institute (MPHI) and Gryphon Place. It is supported by state and federal funding.

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