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| **Grief is Normal:**  Understanding & Coping through the Grieving Process  We invite you to join a morning of support and connection  through this 2-hour grief workshop.  It is designed to include:   * Gaining better understanding of what grief & loss is * Learning the different stages of grief * Adjusting to the “*new normal*” without your loved one * Attaining strategies to assist in coping with grief & loss * Sharing experiences in the company of others who understand   WHEN: Saturday (TBA)  (wait listed until reaches 4-6 people)  TIME: 10:00 am – 12:00 pm  Cost: $30.00  LOCATION: Rancho Cucamonga Therapist  7365 Carnelian Street  Suite 202  Rancho Cucamonga, CA 91730  **Facilitator**: Ronena Summers, Trained Grief Counselor  Registered Marriage and Family Therapist Intern (IMF78961)  Supervised by Stacey Merrell, LMFT #46624  **\***Pre-registration is required - Call 310-927-5579  Adults (18+) Are Welcome  *Light refreshments will be provided* |