



Living with Loss and Change

Centre for Living with Dying

www.billwilsoncenter.org

Life is full of pain and tragedy, which can push us off center.

Issues such as living with a serious illness, job loss/change, separation/divorce, violence and sudden or traumatic incidents can affect us both personally and professionally, often evoking feelings of grief and loss.

Grief is the natural, human response to any loss or change.



This group is intended for adults who are seeking support to process, heal from or better manage impactful transitions in their life.

This is a 6- week program.

For more information and dates, or to enroll in a grief group, please call an intake counselor at:

(408)-850-6145

BWC's Living with Loss and Change group is geared to support adults who are experiencing grief surrounding significant life stressors. In this group, members will have the space to express their feelings of loss, anger, confusion, sadness, worry, or helplessness in a safe environment and with the support of others who are also going through grief.

We are here for you!

Presented by The Centre for Living with Dying - a Bill Wilson Center Program

BWC provides services that meet the cultural and linguistic needs of our whole community. We value our unique ethnic diversity as well as the LGBTQ community and non-able body community. Our clients, staff, and volunteers reflect our community.

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