

# Grieving COVID Life

*(Virtual Support Group)*

**Wednesdays, February 17-March 24, 2021  
7-8:30 p.m.**

Living under the constraints of the COVID-19 era has brought about collective grief due to the multitude of losses many have experienced and the alteration of life as we have known it. Join others in the community to process grief related to these losses and to discuss healthy ways of coping, as we all struggle to find a "new normal."



Cost: \$20/session (\$120 total). Sliding scale fee available based on need. Facilitated by a professional counselor. Please call 410-252-4500 x7291 or email [hbenassi@stellamaris.org](mailto:hbenassi@stellamaris.org) to register or for more information.