

The William A. Presti Center Presents

## GROWING AROUND GRIEF



Ages- 18+

Capacity 5-6 Members

Date: To be Determined

Time: To be Determined

6 Week Program

Location: The William A. Presti  
Center 8123 Grand River Ave.

Suite 2. Brighton, MI 48114

Ph: (810) 626-3282

Facilitated by  
Amy Shoemaker, LPC.

Have you experienced a loss? Are you struggling with grief and feel like you're in survival mode? What if there can be more than just going through the motions of life?

"Growing around grief" is a support group for adults who are grieving. We will provide a safe environment for you to express your grief while learning new ways to cope from a mindfulness perspective.

Join us and experience a supportive, non-judgmental place where you can take control of your life and navigate a new path towards healing.



STRENGTH  
MINDFUL  
PERSEVERANCE  
SUPPORT

**GROWING AROUND  
GRIEF**