



SUPPORTIVE GRIEF GROUP

A place for connection, recollection, community, and healing

Grief is a natural reaction to loss. Although we don't choose to experience grief, we can choose to connect and heal in community. This outpatient bereavement group offers a supportive, confidential space to share, reflect, and begin moving forward at your own pace.



Led by grief specialist, **Sedef Orsel, LCSW**, this group is for individuals who have suffered the loss of a loved one to death. Sedef has vast training and experience in grief and trauma therapy. She runs grief programming at WJCS, and teaches at Fordham University.

Call or email today to learn more

www.sunrisepsychologyny.com



Group Details

Weekly: Saturdays 12:30-1:45

8 week curriculum, closed group

\$80 per session, plus intake fee

Virtual or in Hartsdale (based on interest)