



Sunrise Psychology NY P.C.

# 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](http://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)

[Sedef@Sunrise PsychologyNY.com](mailto:Sedef@SunrisePsychologyNY.com)

(347) 761 7110