



# EXPRESSIVE

Therapy Center, LLC

14808 Physicians Lane, Suite 111, Rockville, MD 20850

[www.expressivetherapycenter.com](http://www.expressivetherapycenter.com)

P: 301.869.1017, ext 1 / F: 301.838.0623

## *Forget-Me-Not* A Grief and Loss Coping Group for Children, Adolescents and Adults

Loss can be devastating and often individuals are unsure as to how they should process their grief. Children especially can have a hard time understanding death and the feelings surrounding it.

*What can a grief support group offer you?*

- The opportunity to share your experiences with others who are struggling with similar grief
- Discuss feelings & learn appropriate ways to express your bereavement
- Learn techniques for coping with the feelings associated with the loss
- Engage in activities that will help you reflect on your grief
- Gain a sense of empowerment

*What can a grief support group offer your child?*

- The opportunity to connect with other children who have experienced similar losses
- Enhance their understanding of death & help them process their feelings
- Find appropriate ways to express their emotions
- Engage in activities to help them cope with their grief & allow them to discuss the impact of their loss
- Gain a sense of empowerment

For more information on these & other groups, please visit  
[www.expressivetherapycenter.com](http://www.expressivetherapycenter.com) or call 301.869.1017, ext 1.