

LATE AUGUST - SEPTEMBER

COPING WITH GRIEF AND LOSS

A Stay Well Workshop Series

Mondays at 6 p.m. and Wednesdays at noon

Learning to live with grief and loss is a painful process—and while it may differ from one individual to another, it helps to understand the normal feelings we all experience.



In this 4-week online workshop series, clinical mental health counselor Zeinab Moussa discusses the emotions experienced by those who are grieving and offers healthy ways to cope. Participants will engage in drawing, writing, mental exercises and relaxation techniques to help them work through their grief.

Supplies needed: plain paper; markers or crayons; pencil or pen.

Choose the series that fits your schedule and register below.
All sessions are free.

Register here for the [MONDAY EVENING Sessions:](#)

Mon., Aug. 28 at 6 p.m. – **Denial**

- NO SESSION ON LABOR DAY -

Mon., Sept. 11 at 6 p.m. – **Anger**

Mon., Sept. 18 at 6 p.m. – **Depression & Anxiety**

Mon., Sept. 25 at 6 p.m. – **Acceptance & Healing**

Scan for
Monday series
registration ->



Register here for the [WEDNESDAY NOON Sessions:](#)

Wed., Aug. 30 at noon – **Denial**

- NO SESSION DUE TO LABOR DAY -

Wed., Sept. 13 at noon – **Anger**

Wed., Sept. 20 at noon – **Depression & Anxiety**

Wed., Sept. 27 at noon – **Acceptance & Healing**

Scan for
Wednesday
series
registration ->



For more information, visit Michigan.gov/StayWell.