

GRIEF GROUP

A group for students who have lost a family member



*Weekly group
*At CAPS

- ✚ Join with others who are also dealing with loss
- ✚ Learn more about the natural process of grieving
- ✚ Explore ways of working with your grief while still engaging with your life
- ✚ Experience a caring, nurturing environment...
You are not alone!

Free and Confidential

*A Pre-group Appointment is required. For more information or to schedule, contact: Dr. Julie Heslin Pokat at (518) 442-5800 or consultation@albany.edu at **Counseling & Psychological Services.***



Student Affairs