Grief:
The normal and natural reaction to loss

Grief will continue to adversely affect our lives and those around us when we accept these

**MYTHS ABOUT GRIEF:**

* All losses are the same
* Time heals all wounds
* Replace the loss
* Grieve on your own
* Be strong for others
* Bury your feelings
* Don’t talk about it

When grief is resolved, it never comes up again

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**Information**

- To schedule a brief prescreening appointment, please contact: Nancy Wahlig, LCSW (858-534-5793) or Kevin Ramotar, Psy.D. (858-534-0255)
- Location and time to be determined.

UCSD CAPS