Are you grieving the loss of a partner, family member, or friend?

...Through
Grief & Loss
Support Group

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

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 Student Health and Wellbeing & SARC