

# Grief Group at Shalom Clinic

Loss is one of life's most challenging experiences.

At first there is a lot of support and sympathy.

Then everyone else seems to get on with their lives and you are left to deal with a wide range of emotions, many of which feel out of place.

This group is a special supportive place where it is ok to just feel the grief, go through the feelings, get support, and know that what you are feeling is ok.

Meeting Wednesdays

Starts promptly at 6:15 pm goes to 7:30 pm

Thomas Kelem, MFT

(MFC 30406)

[tk@tksvc.com](mailto:tk@tksvc.com) 530-809-1664

Congregational Church, UCC

1190 E. First Ave

corner of Downing and

East First Avenue, Chico

For questions or an appointment call Nancy 518-8422

\*NOTE: This grief group will be dealing with all grief, not just death – please pass this flyer along to family and friends that may be interested in joining the group.