

GRIEF SUPPORT GROUP

Grief is a natural and personal process, but it can feel overwhelming to navigate alone. This group provides a safe and supportive space to share your story, connect with others who have experienced loss, and learn healthy ways to cope.

Join the Employee Assistance Program Grief Support Group this fall to heal after loss. Together, we explore the journey of healing, offering compassion, understanding, and hope along the way.

Thursdays, 3:30 pm - 4:30 pm
10/23/25 - 12/18/25

8 group sessions
No group 11/27/25

Virtual

with Gina Cook, LMSW
EAP Counselor

For more information, please email
EAPadmin@som.umaryland.edu

REGISTER HERE

