

Wellness in the Woods Presents

# HEALING IN THE VALLEY



## VIRTUAL GRIEF SUPPORT GROUP

**When:** Tuesdays at 6:00 PM-7:00 PM starting September 2, 2025

**Where:** Virtual on Zoom | <https://zoom.us/j/4392751585?omn=92615445411>

Adults who have lost loved ones are invited to gather weekly to share tears, hope, and compassion in a safe and supportive space.

This is a free, drop-in peer support group—open to all and no registration is required.

## FACILITATORS

- Jode Freyholtz-London – Certified Grief Group Facilitator
- Allen Sheppard – Certified Peer Specialist

## JOIN FOR COMMUNITY, JOIN FOR SUPPORT

Scan the QR code to join. Come connect, share, and feel supported. This free event is open to all—just show up!

