

COPING WITH GRIEF AND LOSS

A Stay Well Workshop Series

Mondays at 6 p.m. and Wednesdays at noon

Learning to live with grief and loss is a painful process—and while it may differ from one individual to another, it helps to understand the normal feelings we all experience.



In this six-week online workshop series, clinical mental health counselor Zeinab Moussa discusses the emotions experienced by those who are grieving and offers healthy ways to cope. Like her previous grief-and-loss series, each weekly workshop will focus on one aspect of the grieving process. Participants will engage in drawing, writing, mental exercises and relaxation techniques to help them work through their grief.

Supplies needed: plain paper; markers or crayons; pencil or pen.

Choose the series that fits your schedule and register below.
All sessions are free.

[Register here](#) for the MONDAY EVENING Series:

- Mon., Aug. 1 at 6 p.m. – **Denial**
- Mon., Aug. 8 at 6 p.m. – **Anger**
- Mon., Aug. 15 at 6 p.m. – **Depression**
- Mon., Aug. 22 at 6 p.m. – **Anxiety**
- Mon., Aug. 29 at 6 p.m. – **Acceptance**
- Mon., Sept. 12 at 6 p.m. – **Closure & Healing**
(no session on Labor Day Monday)

[Register here](#) for the WEDNESDAY NOON Series:

- Wed., Aug. 3 at noon – **Denial**
- Wed., Aug. 10 at noon – **Anger**
- Wed., Aug. 17 at noon – **Depression**
- Wed., Aug. 24 at noon – **Anxiety**
- Wed., Aug. 31 at noon – **Acceptance**
- Wed., Sept. 7 at noon – **Closure & Healing**

For more information, visit Michigan.gov/StayWell.