

Life After Loss

A place for those who are
grieving

Oct. 4: Family Change

Oct. 11: Coping With Loss

Oct. 25: Disenfranchised
Grief

Nov. 1: How Did You Learn to
Grieve?

Nov. 8: Anniversaries and
Triggers

Nov. 15: Secondary Losses

Nov. 22: Sharing Resources,
Sharing Hope

To Register:



Meeting Info:

This group will meet virtually
Fridays from 12–1 PM
Open to all UA students and
faculty!



Student Health and
Counseling Center