



Counseling and Psychiatric Services (CAPS)
University Health and Wellbeing
MICHIGAN STATE UNIVERSITY

GRIEF SUPPORT

WEDNESDAYS

.....

3-4 P.M. ET

.....

In Person

.....

**Group begins
January 25**



Have you experienced the loss of a loved one? Modern cultures usually do a poor job of preparing us for loss. Grief is messy and not a linear process. Few know how to think about grief or how we might be able to help ourselves and others.

Grief support groups are a helpful way to learn about the grieving process and how it affects all areas of our lives. Grief groups can also connect us with others who have experienced a similar loss, making us feel less lonely, and normalizing the experience of grief.

To learn more or to schedule a pre-screen, contact Abigail Waller at waller@msu.edu.

**Group Facilitators: Abigail Waller, LMSW
Aaron Chappel**

Register:

Get started at
caps.msu.edu/schedule
and indicate "Group
Counseling - Grief Group" on
the scheduling form.

