

*If you have experienced the death of  
someone close to you...*



Join the  
**Grief Group**  
to  
**Find Support**  
**Share Knowledge**  
**Learn Coping Strategies**

This group is designed for students who have experienced the death of someone close. Through a combination of education, art therapy, and discussion, members will find support while moving through bereavement.

**Fridays 9:00 – 10:20 AM**

Facilitators: Florie Elmore, Psy.D & Renee Mapes, Ph.D.

Call 752-0871 for more information

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# **SOME REASONS TO JOIN A GROUP**

Reduces Isolation – You're Not As Different Or Alone As You Think

Normalizes Experience – "It's Not Just Me, I'm Not Alone"

Supportive – Receive Support And Share Your Wisdom

Learn With And From Other People

Function Better In Relationships

Learn And Practice New Skills

Understand Yourself Better

No Session Limits

No Fee

*Why*

## **COULD GROUP COUNSELING HELP ME?**

*Groups?*

If You Are...

Isolated Or Depressed

Shy And Easily Embarrassed

Troubled By Relationships / Communication

Wanting To Connect With Others Like You

Seeking To Improve Interpersonal Effectiveness

Seeking To Understand Why You Act The Way You Do

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**FOR MORE INFO CALL (530) 752-0871**

**[HTTP://WWW.CAPS.UCDAVIS.EDU/SERVICES/GROUP](http://www.caps.ucdavis.edu/services/group)**