

Coping with Loss Group

This FREE ongoing group is designed to provide support, education, and resources to those who are coping with the loss of a loved one.

This group is designed to help you:

- *Take care of yourself and your needs*
- *Discover methods of coping with grief*
- *Plan ways of obtaining emotional support*
- *Anticipate and plan for difficult situations*
- *Obtain emotional support from group members*
- *Learn about the natural process of grief, mourning, and healing*
- *Handle anniversaries, holidays, birthdays, special events, and "rituals"*



Where: 41 East Mill Road , Long Valley, NJ 07853

When : 2nd and 4th Tuesday of every month

7:00-8:30PM

No Cost.

Pre-Register: <http://drpeggydelong.com/services/community-services>

For additional information: Contact Peggy DeLong

908-672-6344 peggydelong@comcast.net

<http://drpeggydelong.com>

Dr. Peggy DeLong, Psy.D. is the facilitator of this group. She is a clinical and forensic psychologist in Long Valley. She maintains a psychotherapy/counseling practice, and she works with clients age preschool through adult. She has extensive training and experience in grief and coping with loss. She also serves as an Expert to the NJ Court System regarding parenting and child development.