



## JOURNEY TO HOPE YOUNG ADULT GRIEF SUPPORT GROUP

*6 meetings over 12 weeks*

An atmosphere of compassion and confidentiality allows young adults ages 19-25 to become empowered and equipped with tools that will help them journey through the grief process.

This safe social setting is designed to place young adults in an environment where they will be supported by peers and given the opportunity to participate in conversations and activities to help them heal.

Journey to Hope offers a place to take what you are feeling and learn to better manage it alongside young adults with similar experiences.



*Grieving is not easy, but together we can make it a little less difficult.*

*Every other Wednesday  
September 11 – November 20, 2019  
7:30 PM – 9:00 PM*

544 Mayo Avenue, Maitland, FL 32751  
**Refreshments provided.**

Registration is required to attend - Please Contact:  
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