



Mondays at 6 p.m. and Wednesdays at noon

Learning to live with grief and loss is a painful process—and while it may differ from one individual to another, it helps to understand the normal feelings we all experience.



Zeinab Moussa

In this 4-week online workshop series, clinical mental health counselor Zeinab Moussa discusses the emotions experienced by those who are grieving and offers healthy ways to cope. Each weekly workshop will focus on one aspect of the grieving process. Participants will engage in drawing, writing, mental exercises and relaxation techniques to help them work through their grief.

Supplies needed: plain paper; markers or crayons; pencil or pen.

Choose the series that fits your schedule and register below.
All sessions are free.

Register here for the [MONDAY EVENING Series:](#)

- Feb. 20 at 6 p.m. – **Denial**
- Feb. 27 at 6 p.m. – **Anger**
- Mar. 6 at 6 p.m. – **Depression & Anxiety**
- Mar. 13 at 6 p.m. – **Acceptance & Healing**

Register here for the [WEDNESDAY NOON Series:](#)

- Feb. 22 at noon – **Denial**
- Mar. 1 at noon – **Anger**
- Mar. 8 at noon – **Depression & Anxiety**
- Mar. 15 at noon – **Closure & Healing**

Scan for Monday series registration ->



Scan for Wednesday series registration ->



For more information, visit Michigan.gov/StayWell.

Stay Well is a crisis counseling program administered by behavioral health professionals at the Michigan Department of Health and Human Services (MDHHS) in partnership with the Michigan Public Health Institute (MPHI) and Gryphon Place. It is supported by state and federal funding.

