



Healing, Loss & Grief Group

**1st & 3rd Wednesday of the Month
10:00 to 11:30 am**

This is a caring group for those suffering a loss in their life.

Judith provides a safe, compassionate space to share experiences of loss & the feelings we experience as a result. Grief is a journey. We go through many stages of the grieving process, and understanding the stages and our needs assists us in recovery.

The purpose of this group is to support & guide you through this most difficult time in your life.

This activity is offered on a Love Offering basis. All are welcome.

For More Information, contact

Judith Sills
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(714) 329-2248

Judith Sills, LCSW is a licensed clinical social worker in private practice, specializing in working with adults, individually and in groups. She developed and implemented the first Kaiser-Permanente Hospice Social Service and Bereavement programs. She was an instructor on Death and Dying and Loss and Grief for the Institute of Health Facilitation and Cal State Los Angeles and hospice medical staff and volunteer groups.



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