

Pregnancy Loss Group Therapy

“The sessions have been a positive impact despite the weight of the grief. Having the words to say to myself has been a piece I have struggled with, and here they are in every session” – Previous Group Member



Please join us for seven weeks of virtual group therapy focused on navigating grief, gaining skills and connecting with others who share similar experiences.

This group is open to any individual who has experienced the loss of a pregnancy.

The group aims to support patients with:

- Processing the loss
- Increasing social support
- Establishing boundaries
- Improving communication
- Developing grief rituals

...and more!

When: Mondays from 12:30 to 2 p.m.
Jan.19 to March 2.

Where: Virtual

Group size is limited and enrollment prior to the first session is required. Sessions will be billed through insurance.

If you are interested or would like more information:

- **Patients:** Please inform your provider.
- **Providers:** Contact Petra Zdenkova, PsyD, PMH-C, Hope O'Neill, MA, or Calista Kern-Lyons, M.S.



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