

LOSS OF A PARTNER GROUP



Losing a partner or spouse can change every aspect of your daily life. This six-week grief group offers a compassionate space to connect with others who understand the unique challenges of partner loss while learning practical ways to navigate grief. Whether your loss is recent or occurred years ago, this group is designed to provide education, connection, support and hope as you move through life after the loss of your partner.

Wednesdays, 12:00 - 1:00 PM

New Orleans Grief Center

141 W. Harrison Ave

Cost: \$275

Over six weeks, participants will:

- Share their story in a safe, supportive environment.
- Explore different ways grief is experienced.
- Learn healthy coping strategies to manage the challenges of loss.
- Understand emotions such as anxiety and anger while developing a sense of personal empowerment.
- Identify personal strengths, values, and resources.
- Reflect on their grief journey, recognize growth, and consider how to carry their loved one's memory forward while continuing to live a meaningful life.

Contact Lauren at lauren@neworleansgriefcenter.com or 504-224-9596 to see if our groups are right for you.