Coping With Grief

Information Session

Offered at the
Student Center for Health and Counseling
1880 SW 6th Ave

Grief is something we will all experience, whether from a death, end of a significant relationship or any number of other losses. In this session you will receive information on what to expect as you grieve and learn about healthy ways to cope.

Open to all enrolled PSU students

3:30–5:00
Wednesday October 16th
OR
Wednesday October 30th

To sign up please call or email:

Dawn Schneider, LCSW
503–725–2526
Leave your name and return phone number or email
daws@pdx.edu

Portland State University
Student Center for Health and Counseling
1880 SW 6th Ave
503–725–2800

Additional grief support at SHAC includes a 4 week Grief Support Group in November and a 9 week Grief Recovery Group in Winter Term. An intake appointment is required for these services. Contact Dawn Schneider for further information.
Grief Support Services
Portland State University
Student Center for Health and Counseling
1880 SW 6th Ave

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Grief Support Group– Four Sessions
3:30–5:00 Wednesdays November 6th–December 4th

In this group you will have an opportunity to share more personal experiences about your grief as well as learn tools for coping with your loss in a healthy way

Intake at CAPS required to attend, contact Dawn Schneider for further information: 503–725–2526 or daws@pdx.edu

Grief Recovery Group

Offered Winter Term 2014 – Time and day to be determined

9 session therapy group focusing on taking action to recover from a significant loss.

Screening appointment and CAPS intake required to attend
Contact Dawn Schneider for further information: 503–725–2526 or daws@pdx.edu