

# Does grief have a grip on you?

The loss of a child leaves an indelible mark on a parent's heart.

While each journey through grief is unique, having the right support can make a profound difference.

You don't have to face this alone.

Join us in our grief and loss support group where you'll find comfort and camaraderie. This 8-session group, for those who have suffered the loss of an adult child (18 years+), will be led by Jewish Family Service licensed clinicians Rina Sabes, LMSW, and Cici Syms, LMSW, and will focus on:

- Sharing experiences with others who understand
- Learning coping strategies for grief
- Gaining knowledge about the grief process
- Finding support in moving forward while honoring your child's memory



Tuesdays • 4:30-5:45pm  
Adat Shalom Synagogue

29901 Middlebelt Rd, Farmington Hills

Session dates: April 8      July 8  
May 13      August 12  
June 10

If you are interested please visit [jfsdetroit.org/interest](https://jfsdetroit.org/interest)

To create an intimate environment the group size is limited.

Questions? Contact Rina Sabes at 248.303.7226 or [rsabes@jfsdetroit.org](mailto:rsabes@jfsdetroit.org)