



**Bright Harbor Healthcare**

*Building Better Tomorrows, One Life at a Time*

# EMBRACE

*Empowering Mind, Body and Recovery  
After Challenging Experiences*

## Offering Grief Support Groups

Starting Groups on October 16, 2023 at 5pm



Are you struggling with the loss of a family member, caregiver, or friend? You're not alone. EMBRACE is here to help you find comfort, connection, and healing during this challenging journey.

## ABOUT THE PROGRAM

EMBRACE offers a secure and supportive environment where parents, children, adolescents, young adults, and their families can openly share their experiences following a loss.

**Program Start Date:** October 16, 2023 at 5pm

**Location:** 40 Bey Lea Rd., Suite A, Toms River

**Duration:** 10 Weeks

## WHO WE ARE

At Bright Harbor Healthcare, we recognize the deep pain and sorrow that comes with loss. Our dedicated team of counselors and support staff are here to provide a safe and compassionate environment for healing and growth.

## WHO CAN BENEFIT

- Parents who have lost a child
- Children, Teens & Young adults who have lost a sibling, caregiver, or friend



## PROGRAM HIGHLIGHTS

- Professional Guidance: Our experienced counselors will facilitate the groups and provide support.
- Safe Space: Connect with others who understand your pain and share your journey in a supportive and empathetic community.
- Tailored Sessions: Age-appropriate sessions for children and adolescents, helping them express their emotions and heal.
- Healing Activities: Engage in therapeutic activities that promote healing and self-expression.
- Emotional Support: Learn effective coping strategies, communication skills, and self-care techniques.

## WHY JOIN US

Grief can be isolating, but healing happens when we come together. Join us on this path toward hope, resilience, and recovery.

**Grief Support Group Starting October 16, 2023**  
**Limited Spots Available**

*Reserve your spot early to ensure your participation*

## CONTACT US

For more information or to register call or email.



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[BrightHarbor.org](http://BrightHarbor.org)

*You are not alone. Let us help you heal.*