



**IOWA**

**Scanlan Center for School Mental Health**

# **COPING WITH GRIEF AND LOSS GROUP**

**a group for Iowa educators and school staff who are experiencing loss**

In a 6-week virtual group led by Scanlan Center for School Mental Health clinicians, participants will learn about the grief process and develop skills in mindfulness, self-compassion, and identifying values. This psychoeducational group will utilize skills from Acceptance and Commitment Therapy (ACT). This group is open to individuals currently experiencing grief due to a loss or life transition.



*Open to PreK-12 school staff and AEA staff in Iowa*



*The group will meet online 1x per week for 60 minutes over the course of 6 weeks.*



*Interested in participating? New openings will be posted on:  
[bit.ly/SCSMHgroupcounseling](https://bit.ly/SCSMHgroupcounseling)*

## **skill development**

- **Mindfulness**
- **Self-compassion**
- **Identifying values**



**➔ [bit.ly/SCSMHgroupcounseling](https://bit.ly/SCSMHgroupcounseling)**