

IOWA

Scanlan Center for School Mental Health

COPING WITH GRIEF AND LOSS GROUP

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

In a 8-week virtual counseling 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 PK-12 school staff and AEA staff in Iowa



The group will meet online 1x per week for 60 minutes over the course of 8 weeks.



**Interested in participating? New openings will be posted on:
bit.ly/SCSMHgroupcounseling**

****SCSMH counseling groups are fee-based. We accept medical insurance.
Financial aid is available to individuals who qualify.**

skill development

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



➔ bit.ly/SCSMHgroupcounseling