



Grief Support

Grief is a journey-not a destination, you don't have to walk it alone.
Join our supportive community where you can:

- Share your feelings in a safe and understanding environment.
- Connect with others who are going through similar experiences.
- Learn coping strategies to help you heal and move forward.
- Receive comfort and encouragement from fellow group members.

No matter how long it's been, grief can be a challenging process.
We're here to support you and navigate it together.

Join our grief support group:
3rd Tuesday of each month

5:30pm - 7:00pm

Salser & Dillard Life Event Center
135 E. Caldwell Ave., Visalia, CA 93277



Contact AQLH (559) 409-2665 for more information