



BARRY AND FLORENCE
FRIEDBERG
JEWISH COMMUNITY CENTER

Grieving Through the Arts

Thursday, February 2 - Thursday, March 2

10:30 am-11:45 pm

A gentle and creative approach to the grief journey for those grieving the loss of a loved one, recent or long ago. Participants will use the arts to deepen understanding, create healing and encourage remembering.

**NO ART EXPERIENCE IS NECESSARY.
BRING A BLANK JOURNAL AND PEN TO THE FIRST SESSION**

Facilitated by Jamie Tedesco Cohen, MSW

Fee: \$65; Members, \$50

**A phone interview is required for registration.
Please contact Gloria Lebeaux at 516-634-4010**



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