



BARRY AND FLORENCE  
**FRIEDBERG**  
JEWISH COMMUNITY CENTER

# Grieving Through the Arts

**Thursday, April 27 - Thursday, May 25**

**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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