



Seasons of Comfort

Navigating grief through the holidays

Join a supportive group as we navigate the journey of grief through the holiday season. Together, we'll share stories, find comfort, and help each other through the unique challenges this time of year can bring. All are welcome to a warm, understanding space where you don't have to go through it alone.

Mondays

11/25/24 - 12/23/24

10am - 11am

Silver Key Campus

1625 S Murray Blvd

Colorado Springs, 80916

**Virtual Options Available*

silverkey.org



719-884-2300