

SOMETIMES YOU NEED
A LITTLE EXTRA
SUPPORT...



IOWA | University
Counseling
Service

LIVING THROUGH LOSS

Loss and grief touch all of our lives in different ways and have a variety of impacts. Losses may be new or years old, but they may still impact our daily lives. Grieving is a journey that affects us in varying degrees at different times of the year and different points in our lives. Sometimes it can be helpful to have support and guidance on that grieving journey. Living Through Loss, an open support group, offers that support to University of Iowa students.

Virtually through Zoom

Thursdays at 3:30 pm CST

<https://uiowa.zoom.us/j/442283949>

Meeting ID: 442 283 949

Every week during Fall & Spring semesters

(except breaks and finals week)

For questions about the group,
please contact Dr. Dawn Bates at dawn-bates@uiowa.edu
If you require reasonable accommodation to participate,
please contact Dawn at the email above.