

# Salt Lake Community College Grief Support Group



Grieving the death of someone you love can be difficult but is not an experience you have to do alone. Participating in a support group with others who are also grieving can bring reassurance and comfort.

In addition to talking about their experiences and feelings, group members also learn about grief and healthy ways to cope.

Meetings are held from 5:30 – 7:00 p.m. on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the month\* in the Student Center Building (room STC 023) at Salt Lake Community College, 4600 S. Redwood Road, Salt Lake City. Participation is free and open to anyone 18 and older.

If you are interested or have questions, please contact Jeff Zealley:  
[jeff.zealley@slcc.edu](mailto:jeff.zealley@slcc.edu).

*\* Meetings are held September through April. Instead of Nov. 23, the group will meet on Nov. 30. The group will not meet on Dec. 28, 2022, or March 8, 2023.*

*Visitor parking available on the north side of the Student Center Building. Note: this is not counseling or therapy. Enrollment/Employment at Salt Lake Community College is not required.*