

CONTENDING WITH Grief

*Presented by the Response
Crisis Center of LI*

 **Saturday, March 1
3:00 – 4:00 p.m.**

Learn how to cope with personal, communal, and global tragedies, including:

- Ways grief manifests and how it can change over time under different circumstances
- How to hold space for yourself as you grieve
- How to interact with peers who are mourning
- How community-wide tragedies can impact people in all different ways

Includes a Q&A. Plus, the Library's SBU Social Work Intern Stephanie Szabo will be available to assist and speak with attendees during and after the program.

Register at emmaclark.org/programs.

Open to Grades 7–12 • Teens will earn community service credit for attending.

We also have a class for adults, Talking About Tragedy & Coping with Grief for Parents, on Tuesday, February 25 at 6pm.

Teens

Emma S. Clark Memorial Library
120 Main St., Setauket, NY 11733
631.941.4080, ext. 200
teen.emmaclark.org