

# PAINTING GRIEF

**An in-person art therapy process  
group for adults experiencing grief**



Using acrylic paint and a variety of other mixed media, explore your loss experience through the lens of body, heart, mind, and spirit. In this four-week group, you will:

- Honor and tend to your grief through the creative process.
- Share in community with others experiencing grief.
- Learn coping skills for grief to take with you beyond the group.

**Cascades Wellness Center**  
1914 N 34TH ST, Suite 205  
Seattle, WA 98103

**Tues, 5:30-7:00 PM**  
Oct. 4-25, 2022

**Group Cost: \$320**  
\*Art supplies included

**Dana Paik-Simerly**  
MA, LMHC, CT

**Meaghan Halverson**  
LMHCA, ATR-P

For more information, or to schedule a free consultation phone call, please contact our Office Manager, Alicia Underwood, at [aunderwood@cascadeswellness.com](mailto:aunderwood@cascadeswellness.com)