



You are not alone.

Up to 8 Free Sessions of Individual Grief Support for Youth

One on one grief support for youth ages 10-24, who have experienced the death of a person or pet

A safe space to:

- Explore your grief
- Learn about reactions to loss and change
- Get help processing challenging emotions
- Talk about your experience
- Explore ways to honor your loss

Sessions will be offered on a tele-health virtual platform

**For more
information,
please call
(707) 544-3299
ext. 234**

Social Advocates for Youth (SAY) is a non-profit organization dedicated to serving the youth in Sonoma County with mental wellness, housing and career services.

SAY Grief Services (707) 544-3299 x234, www.saysc.org/programs/say-grief-services