



JOURNEY TO HOPE

■ VIRTUAL YOUNG ADULT
GRIEF SUPPORT GROUPS ■

HIGHMARK

CARING PLACE 

finding hope in grief

VIRTUAL YOUNG ADULT PEER SUPPORT

Grief is challenging under any circumstance. As a young adult, experiencing the death of someone close to you can be especially challenging. By providing a safe, caring, and confidential setting, this **NO COST** group will help empower and equip young adults ages 18-30 with tools that will help them on their grief journeys.

This virtual setting is designed to be an 8 week support group where young adults will be able to hear from peers who are grieving, gaining an understanding that they're not alone.

For additional information, e-mail contactus@highmark.com or use the QR Code to the left.

**An intake process is required for entry into this support group.*

