



# Grief and Loss Sessions

You don't have to grieve alone

This four session program will focus on how to cope with losing a loved one by understanding the grieving process. During each session, you will learn and understand where you stand in the grieving process and the skills you can use to help you move forward in finding a new meaning in life after the death of a loved one.

**WHERE:** Compass Medical  
East Bridgewater, 1st Floor Suite 101

**WHEN:** Mondays 3:00 - 4:30pm  
March 11, 2019 - April 1, 2019

**WHO:** Julia Swartz, MSW, LICSW, CEIS  
& Erica Bradley, MSW Student Intern

**COST:** Covered by most insurances  
\*An intake session is required for all participants and may be covered by insurance



**Julia Swartz, MSW, LICSW, CEIS**

Julia has over 25 years of clinical experience from a variety of settings including Early Intervention and Private Practice. She specializes in treating “young families” as well as pregnant and post partum women. In addition to offering play and family therapies, Ms. Swartz counsels couples, adults and elders. She has intensive training with the Harvard School of Medicine’s Mind Body Institute and integrates stress management and cognitive behavioral techniques in treating depression and anxiety. Ms. Swartz utilizes Personality Typing and effective communication in relationship building. She also facilitates the innovative Food and Mood groups for stress and emotional eaters and is committed to the integration of mental health and medicine. Ms. Swartz has taught communication and relational skills to medical students and pediatricians both at the Harvard School of Medicine and through the Children’s Emotional Health Link.



**CALL (508) 350-2225 #2 TO RESERVE YOUR SPOT & SCHEDULE YOUR SCREENING ASAP AS SPACE IS LIMITED!**