

CITY OF CARSON

# GROWING THROUGH GRIEF

## ▶ NAVIGATING LIFE & PARENTHOOD AFTER THE LOSS OF A PARTNER

The loss of a partner is a tough journey, especially if you have children. Thinking about your mental health, the burnout, children's grief, decision making, finances, relationships, and support systems, can be challenging. You don't have to go through this alone. Let's navigate this journey together.

SCAN QR CODE  
TO REGISTER



**Join our next meeting!**  
Every 3rd Tuesday of each month  
6:30 p.m. - 8:00 p.m.

Free childcare available during meeting

**Dolphin Park**  
**21205 Water Street, Carson, CA 90745**

**For more information, please call (310) 952-1782 ext. 1671**