



"Grief is in two parts.  
The first is loss. The  
second is the remaking  
of life"  
- Anne Roiphe

## Growing Through Grief and Loss Group

Please join MPB Group Inc. for our new  
grief and loss support group for adults  
who are grieving the death of someone significant.  
The purpose of this group is to provide information on  
the grief process, process grief and loss in an empathetic  
environment, and build a community with others with  
shared experiences.

The group meets weekly on Saturday at 3 pm

For more information, please contact us by emailing  
[group@mpbgroupinc.com](mailto:group@mpbgroupinc.com) or calling (410) 730-2385.

All groups are provided via teletherapy. Maryland Medicaid & Carefirst BlueCross/Blue  
Shield insurance accepted. Cash clients also accepted (Prepaid discounts available).