



Photo by Tatiana Syrikova from Pexels

Adult Grief and Loss Support Group

MPB Group, Inc. offers a weekly group focused on grief and loss. After a year of loss and profound grief, this group can be your place of refuge and growth.

Exploring Topics

Stages of Grief

Understanding feelings of Loss

Coping Skills

Moving forward

Meets Wednesdays @ 7:00

Email group@mpbgroupinc.com (please specify interest in Adult Grief & Loss Support Group)

All groups are provided via a hybrid method - teletherapy and onsite in our Columbia location . Maryland Medicaid insurance accepted. Cash clients also accepted (Prepaid discounts available).