



Photo by Tatiana Syrikova from Pexels

Adult Grief and Loss Support Group

MPB Group, Inc. offers a weekly group focused on grief and loss. Participants will process their grief, support each other, and learn coping skills towards reaching a resolution from their losses.

Meets Tuesdays @ 7:00

Via Hybrid – Teletherapy and On-site in Columbia

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

Maryland Medicaid insurance accepted. Cash clients also accepted (Prepaid discounts available).