

# NAVIGATING GRIEF

GROUP  
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THERAPY



## Steps to Join:

Call and schedule an appointment for an intake appointment. An assessment will be completed by one of our therapists to assure we are meeting all of your needs. We can then start you in services.

Call Community Fairbanks Behavioral Health Tipton office at:

765-408-0570 and choose option 1 for new patient to schedule.

At Community Fairbanks Behavioral Health we understand that the loss of a loved one is one of the most painful times that anyone can face in their life. In 2023 it was reported that 57% of Americans faced the loss of a close family or friend in the last three years. And the NIH reported in 2020 that grief had been associated with an increase in physical and mental health concerns. You are not alone!

### How can we help?

Through options like counseling, or our 8 week Navigating grief group we are here for you, and will help you understand how to work this difficult time in your life. We offer confidential assessments and patient centered care. Call us today for an appointment!

