

Grief Recovery Group

Fall 2023

Wednesday Nights

10 Weeks starting October 11th from 6:00pm-7:30pm

Must be 6 months out from loss

The group will explore different forms of grief, focusing on psycho-education and emotional regulation skills. Participants will receive valuable guidance and discover tips to help navigate through the grief process in a supportive environment – a safe place to talk about struggles, learn new ways to cope, and support one another on the journey.

To learn more and see if this group is a good fit for you call Sawtooth Mountain Clinic at 218-387-2330

Facilitators are Melissa Beseres, MSW, LICSW and Anna Ross.

Anna is in her final semesters working toward a master's degree in social work. She has worked in the mental health field for the past 5 years and holds a bachelor's degree in psychology. Anna has co-facilitated the Grief Group with Melissa for the past two sessions.

Melissa is a Behavioral Health Consultant at Sawtooth Mountain Clinic, with experience working in a Level I trauma hospital and outpatient mental health clinics. She has worked in individual therapy and group therapy settings and earned a Grief Support Specialist Certificate through the University of Wisconsin, Madison.



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