



**ARIZONA
BEHAVIORAL
HEALTH
ASSOCIATES, P.C.**

Bereavement is a difficult process, but can be especially hard around the holidays. We offer a weekly Grief Support Group to provide assistance throughout the holidays and the rest of the year. Please call us at 774-7997 to learn about our program and how we can help you move through the grief process in a healthy way. Facilitated by Katherine Meyer, L.M.S.W.

**Creating a healthy
environment
for change...**

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