

A grayscale photograph of a hand holding a small purple flower. The hand is positioned palm-up, and the flower is held gently in the center. The background is a textured, light gray surface.

New Hope

A Grief Support Group

Are you looking for a way to find new hope after the loss of a loved one?

Grief is a natural reaction to loss and it can be difficult to deal with on top of college stressors.

This group provides support in a safe, confidential environment for students who are dealing with all types of losses. Members will have opportunities for sharing about dealing with tough feelings, reflection, and a chance to learn self-care strategies to help move through the grieving process.

Baylor University Counseling Center

Facilitated by Dr. Susan Matlock-Hetzel and Shehzad Jooma

Contact BUCC at 710-2467

- Want to talk to someone, but not in a group setting? The BUCC has other services available. Go to www.baylor.edu/counseling_center or call 710-2467.