

Cognitive Therapy Lecture Series

Grief & Loss

Letting Go: Coping With Loss In Our Lives

Presented by
Maricar Jenkins, MSW, ACSW
Sharp Mesa Vista Hospital

FREE

Sharp Mesa Vista Hospital
7850 Vista Hill Avenue
San Diego, CA 92123
858-836-8459

Date: Tuesday January 3, 2012
Time: 6:00pm—7:00pm
Location: Sharp Mesa Vista Hospital
Ed Building
Cost: FREE
Registration: 1-800-82SHARP or online at
www.82sharp.sharp.com

*The Cognitive
Therapy Lecture
Series meets
monthly on the
FIRST
TUESDAY of
each month.
Presenters are
experienced
clinicians in the
community.*

Using cognitive therapy techniques, Ms. Jenkins will help us understand the process of grief and loss and how to effectively navigate through the grief process. Ms. Jenkins will offer practical tools intended to assist with making new meaning of loss. Join us for a one hour education group.

