



**Multidisciplinary Evaluation and Consulting Center**

# **UNCHARTED WATERS**

## **Navigating Your Way Through Grief**

**\*INDIVIDUAL GRIEF**

**COUNSELING FOR TEENS**

**\*THURSDAYS**

**JULY 2 - AUG. 20, 2020**

**\*ONLINE THROUGH ZOOM**

**PLATFORM**

**\*COST: FREE**

***For additional information/registration  
Please contact***

***Clare Brown, LCSW at [cbbrown2@fsu.edu](mailto:cbbrown2@fsu.edu)  
or call***

***FSU Multidisciplinary Center at 850-644-2222***

*Grief is like the ocean; it comes on waves ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim.*

**- Vicki Harrison**