

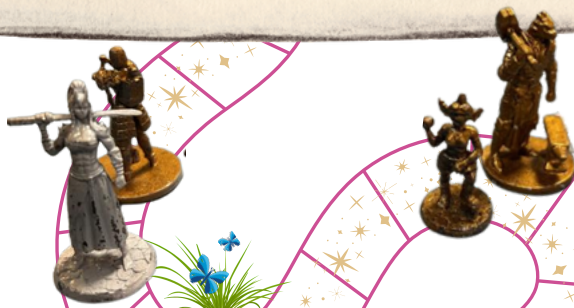


**Blue Ridge Care**

*Caring for life*

## Adventures Through Grief

STEP INTO A WORLD OF HOPE AND HEALING AFTER LOSS:  
A Support Group for Teens and Young Adults



Discover a unique approach to coping with grief through our **FREE tabletop roleplaying game-based** Adventures Through Grief program.

Our grief counselors act as **game masters**, guiding participants on a **meaningful quest** to navigate life after the death of someone significant to them.

No prior role-playing game experience necessary.

**Entire Program  
& Meal Provided  
at No Cost.**

### Group Meeting Details

- Teen Group (**Ages 13–17**)
- Young Adult Group (**Ages 18–26**)
- Winchester & Loudoun County



**LEARN MORE:**  
[BlueRidgeCare.Org/  
AdventuresThroughGrief](https://BlueRidgeCare.Org/AdventuresThroughGrief)

**PARTICIPATION BEGINS WITH A  
SIMPLE APPLICATION**

**Contact Us: (540) 313-9275  
GriefSupport@BlueRidgeCare.org**

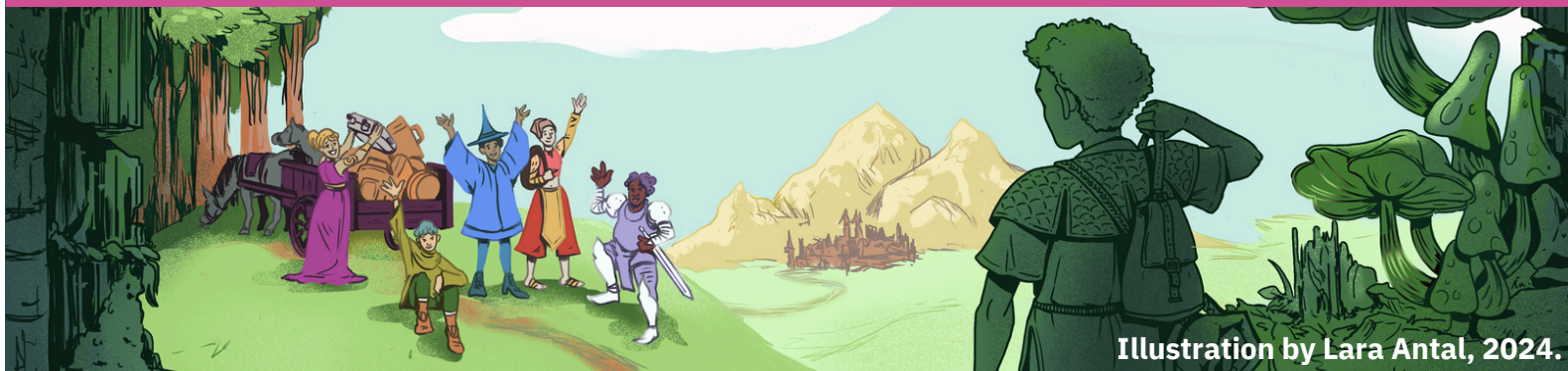


Illustration by Lara Antal, 2024.

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