




United Federation of Teachers
A Union of Professionals

HOW TO MANAGE GRIEF AND LOSS

Have you experienced a difficult loss in the last year?

The UFT Member Assistance Program (MAP) offers counseling groups to assist you in managing your grief and adjusting to the loss of a family member, significant other, friend or colleague.



WINTER 2020:
THURSDAYS • 4:30 – 5:45 P.M.

Jan. 30; Feb. 6, 13, 27; March 5, 12, 19, 26

SPRING 2020:
THURSDAYS • 4:30 – 5:45 P.M.

April 23, 30; May 7, 14, 21, 28

ENROLLMENT IS LIMITED.
REGISTRATION IS REQUIRED.

REGISTER ONLINE:
www.uft.org/grief-support-group

EMAIL mapinfo@uft.org
OR CALL 212-701-9620



Member Assistance Program

50 BROADWAY, NEW YORK, NY 10004