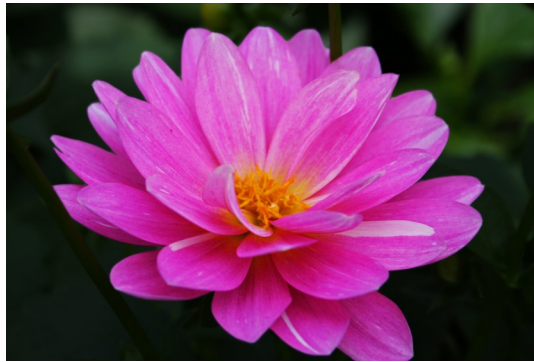


Living after Death

A Family Systems based support group for adults coping with the death of a loved one.



In a safe and supportive environment, adults 21 and over will explore the following:

- ◇ Stages of grief and loss
- ◇ Narratives of relationships
- ◇ Existential and spiritual beliefs: Why? Why me?
- ◇ Sudden vs. Prolonged deaths
- ◇ Rituals, making meaning of holidays, birthdays, and anniversaries
- ◇ Coping with “Leftovers:” anger, survivor guilt, regret, and resentment
- ◇ Resilience/Moving forward
- ◇ Loss of identity/Recovering and caring for Self

8 Week Group

Begins November 8th, 2018 Thursdays from 6:00pm—7:30pm

For questions and pre-screening scheduling, call

Anu Spain, LCSW 708 383 7500 X 319

Please note that this program may not be appropriate for everyone who wishes to participate. Pre-screening interview is required. This group is a therapy group offering by Thrive Counseling Center. Please call to get details about utilizing your insurance benefits. This program may be free based on your insurance coverage.