

## It's Complicated: A Conversation On Grief

Grief is a universal experience, yet it can be an isolating one. We may struggle to find the words to express ourselves or may feel there is no one else who understands what we're going through. Many also struggle with knowing what "normal" symptoms of grief look like and when to seek professional help. If you or a loved one has recently lost someone, or you find yourself struggling with persisting symptoms of grief, this Thrive Talk will help to define grief in its many forms and signs to distinguish between normal and complicated grief. We will also discuss what grieving can look like across the lifespan and how to find hope, support, and resilience through your grief journey. The talk will begin with a 30 minute presentation followed by 30 minutes of discussion and Q&A. All are welcome to attend.

### In-person at **Brookdale Senior Living**

1111 Ontario St, Oak Park, IL 60302  
Parking available at Holley Court Garage

**November 28, 2023**  
**6:30 - 7:30 PM**

**FREE EVENT!**

1 CEU Available for Counselors and Social Workers \$20

Register Today!



**Hattie Stein, MSW**

Hattie holds her Master's in Social Work from Jane Addam's College of Social Work and a Bachelor of Arts in African and Black Diaspora Studies from DePaul University. She works with both adults and youth at Thrive and co-facilitates two grief support groups and one anger management group. Her clinical interests include relationship issues, anxiety, mindfulness, and existential psychotherapy. With a little over three years of experience leading groups, she has witnessed the power of group therapy as a means of collective healing through life's challenges.



**Samantha Buhai-Jacobus, LPC**

Samantha is a Licensed Professional Counselor (LPC) and Certified Anxiety-Informed Professional (CAIP). She holds a Master of Counseling Psychology from The Chicago School of Professional Psychology, concentrating in Trauma & Crisis Intervention. She earned a Bachelor of Science degree in Psychology from the University of Illinois Urbana-Champaign. Samantha currently works with adult clients at Thrive Counseling Center, focusing on mood and trauma disorders. She co-facilitates two therapy groups with Hattie Stein, MSW focused on grief and anger management. Samantha has dedicated her work to helping individuals navigate difficult times in their life and foster a healthier and more peaceful future.