

Grief and Growth

Embracing Life After Loss

A group for people who are far enough from a major loss that they have learned how to get through the days but still feel adrift and lacking in Joy.

Do You Often Feel:

- Like you are just going through the motions of life?
- Like people in your life expect you to get on with it, get over it, or get back to who you used to be?
- Like you'll never be the same as you used to be?
- Like you don't really know who you are now and you don't know how to figure it out?
- Like your whole life will be defined by this loss?

You are not alone...

In this group we will explore:

- How to fully grieve all your losses in life.
- How to find meaning in life once again.
- How we are changed by loss, sometimes for the better.
- How to re-engage with life while fully acknowledging the depth of your loss.

GROUP NOW FORMING

Monday Evenings, 6:30-8:00 p.m.

Sequoia Counseling Services
165 Arch Street, Redwood City, CA

\$50 per group session or \$200 per month

A complimentary pre-group interview is required.

For more information or to schedule an appointment, contact Kathryn Lodato, LMFT, at Sequoia Counseling Services **(650) 363-0383 ext.130**, or email kathrynlodato@gmail.com