

GRIEF NAVIGATORS

"When you can't see what's next on your grief journey."

GRIEF SUPPORT GROUPS STARTING NOW

WHAT WE BRING

EDUCATION AND TECHNIQUES TO HELP INDIVIDUALS DEVELOP HEALTHY COPING MECHANISMS NEEDED TO MANAGE THE PAIN AND CHALLENGES OF GRIEF.

HOW WE CAN HELP

PROVIDE A SAFE AND CONFIDENTIAL SPACE WHERE INDIVIDUALS CAN SHARE THEIR THOUGHTS, FEARS AND CONCERNS. THESE SUPPORT GROUPS PROVIDE EMPATHY, UNDERSTANDING AND ENCOURAGEMENT DURING TIMES OF GRIEF.

GROUPS WE OFFER

WIDOWS/WIDOWERS GROUP - FOR THOSE WHO HAVE LOST A LIFE PARTNER OR SIGNIFICANT OTHER.

UNDERSTANDING GRIEF - FOR ANYONE INTERESTED IN LEARNING ABOUT THE JOURNEY OF GRIEF.

ANTICIPATORY GRIEF - FOR CAREGIVERS OF LOVED ONES WITH DEMENTIA.

DROP-IN GRIEF GROUP - A STARTING POINT FOR ANYONE CONSIDERING A SUPPORT GROUP.

UNEXPECTED GRIEF GROUP - FOR ANYONE WHO IS GRIEVING ANY SUDDEN OR TRAUMATIC DEATH.

FEES FOR GROUPS

4 WEEK GROUP \$50/PER PARTICIPANT; FULL 12 WEEKS \$120/PER PARTICIPANT

ALL GROUPS ARE COMPLETED IN 12 WEEKS. PAYMENT IS DUE AT TIME OF REGISTRATION.

CONTACT US TODAY

CALL OR TEXT: 509-910-2029,

FACEBOOK GRIEF NAVIGATORS

WWW.GRIEFNAVIGATORS.COM

EMAIL: GRIEF.NAVIGATORS@YAHOO.COM



Linda Strassburg
Grief Support Group Facilitator



Merri Buck
Grief Support Group Facilitator

Register Here



Grief Recovery Method Specialist
Certified by The Grief Recovery Institute

