



GRIEF NAVIGATORS

“When you can’t see what’s next on your grief journey.”

GRIEF GROUPS STARTING SOON!

How we can help

We offer 8-week, facilitator-led, grief groups to people grieving the death of a loved one. We meet once weekly. These groups are specifically for those dealing with death, not other types of loss. These are not therapy or counseling groups—they are peer discussion groups only. **Groups will begin with 4 members.**

Grief Support Groups

- **WIDOWS/WIDOWERS:** FOR ANYONE GRIEVING THE DEATH OF THEIR SPOUSE OR LIFE PARTNER. During this group we will be discuss our grief journeys, changes, struggles, and impacts, after the death of a partner.
- **NAVIGATING GRIEF:** FOR ANYONE INTERESTED IN DISCUSSING THEIR JOURNEY THROUGH GRIEF. The impact of death has a way of emerging at unexpected times and places, regardless of how or whether we dealt with it originally. If you have ever wondered how/why we struggle with death, this group is for you.
- **UNEXPECTED GRIEF:** FOR ANYONE EXPERIENCING AN UNEXPECTED DEATH SUCH AS SUICIDE, OVERDOSE, ACCIDENTS, OR MURDER.
Traumatic and/or unexpected death can leave us feeling alone, confused, guilty, and angry. Regardless of how long you have been grieving, talking about your grief journey allows you an opportunity to sort through some of your feelings and questions.
- **ANTICIPATORY DEATH:** A GROUP FOR CAREGIVERS OF LOVED ONES DEALING LONG TERM ILLNESSES SUCH AS ALZHEIMER’S, DEMENTIA, PARKINSON’S, STROKE, ALS, AND LEWY-BODY.
Caring for a loved one for months or for years, is physically and emotionally draining. Discussing coping methods and skills with others can provide long-term support for your journey.
- **TALKING WITH KIDS ABOUT DEATH:** THIS GROUP (FOR ADULTS ONLY) WILL DISCUSS HOW TO TALK WITH CHILDREN OF ALL AGES ABOUT DEATH.
The death of a friend or loved one impacts children and teens in many ways. This group will provide opportunities to discuss how death is dealt with by various age groups, and methods for embracing and teaching our children about death.
- **EXPRESSIONS OF GRIEF:** THIS GROUP WILL FOCUS ON EXPRESSING OUR GRIEF THROUGH JOURNALING, DRAWING, MANDELAS, AND MEDITATION.
Working through our grief journey can take many forms. If you are interested in giving artistic expression to your grief, this group is for you. We will share feelings and discussions, by using creative outlets for processing our journey.
- **DROP-IN GRIEF DISCUSSION GROUP:** ARE YOU INTERESTED IN AN OPPORTUNITY TO DISCUSS GRIEF TOPICS AND LEARN MORE ABOUT OUR GROUPS?
This group allows you to visit and see the types of groups we have while we cover individual grief topics. This is a casual setting, and a place to ask questions, review topics, share your journey and get to know us.
- **REGISTRATION** \$100. for 8-week groups. Online registration @ www.griefnavigators.com
CONTACT: Linda Strassburg, Grief Support Group Facilitator
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