

“Grief is the constellation of internal thoughts and feelings we have when someone we love dies. Mourning is when you take the grief you have on the inside and express it outside of yourself. Authentic mourning is anchored in making the conscious choice to allow ourselves to mourn, to recognize that darkness sometimes precedes light, and to seek healing, repair, and transformation of our very being.” - Dr. Alan Wolfelt

HEALING

OUR

A SIX-WEEK BEREAVEMENT GROUP

LOSSES

Often times grief can feel like a tangled web of emotions. We can become overwhelmed with sorrow and pain after the death of someone we love. Grief can make us feel very alone as we try to navigate through our new landscape of feelings. The Center for Grief Recovery has been supporting bereaved individuals for 30 years. Our therapeutic grief group provides a safe haven for grievers to mourn together through mutual understanding while learning effective coping skills. Healing Our Losses is led by a professional counselor.

THURSDAY EVENINGS 7-8:30/\$50 PER GROUP

THE CENTER FOR GRIEF RECOVERY

1263 W. LOYOLA, CHICAGO, IL

773.274.4600

WWW.GRIEFCOUNSELOR.ORG

**To register for this group,
please contact Meg Eifrig, LCPC
at 773.558.9380 or meg.eifrig.lcpc@gmail.com**