

THE CENTER FOR GRIEF RECOVERY
announces...

**Embracing the Sorrows of the Soul:
Transforming Grief Group**

An ongoing group therapy experience:

*For those searching to heal from their loss
For those overwhelmed by sorrows and pain
For those who struggle everyday*

If you are struggling with the loss of a loved one who has passed away recently—or not so recently—this is the group for you to find a path through grief to healing.

Group therapy offers a unique opportunity to learn, grow, and heal within a group context that supports, validates, confronts, pushes, and catalyzes you to transform the pain of your loss; leaving you more alive, whole, and renewed.

When: Wednesday evenings 7:00 – 8:30

Where: Center for Grief Recovery
1263 W Loyola Avenue
Chicago, IL 60626
*One Block from Loyola University and Loyola red line el stop
Located in the East Rogers Park Neighborhood*

This is an ongoing group therapy experience for adults who have experienced the loss of a loved one. We are currently accepting new members.

Group size is limited; an initial intake interview is required by calling 773-274-4600.

Group is professionally facilitated by Tom Undine, MSW, LCSW.

Tom has a passion for group work. He has extensive experience working with groups on death and loss in private practice, outpatient clinics, psychiatric hospitals, and residential programs. He provides a sound, professional, and profound experience for those seeking to heal from loss.

Group therapy can help accelerate and deepen individual therapy.

Questions are encouraged. Please call Tom at the Center for Grief Recovery at 773-274-4600 or email him at information@griefcounselor.org. If interested, ask about our other groups as well.