

## **Healing Our Losses**

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An Ongoing Group Therapy Experience for adults struggling with loss

This group offers a unique opportunity to learn, grow, and heal grief and loss within a group context that supports, validates, confronts, pushes, and catalyzes participants to grow and heal from the pain of their loss and to become more alive, whole, and renewed.

*A Six Week Commitment that can change your life.*

Participants entering this ongoing group make a commitment for six weeks as a member. At the end of six weeks treatment is reevaluated and participants can decide to continue group therapy if they find that it meets their needs. The group is ongoing and many participants find that it is helpful for them to engage in the group for a longer term. Group enrollment is ongoing. The group is limited to eight members.

When: Tuesday evenings 7:00 - 8:30pm

Currently taking participants

Where: Center for Grief Recovery

1263 W Loyola Avenue

Chicago, IL 60626

*One block from Loyola University and Loyola RED LINE "L" stop*

*Located in the East Rogers Park Neighborhood*

Cost: \$45 dollars per group therapy session. The fifty-minute intake session is \$45.00. Insurance accepted. Scholarships available.

Who would benefit from this group?

- Those who have recently, or not so recently, experienced a loss
- Those who are overwhelmed with sorrow and pain of a death of someone they loved
- Those searching to heal from their loss
- Those who struggle every day

The group offers professional support to those who are experiencing loss. The group works to:

- Prevent depression, anxiety, isolation, and maladaptive behaviors
- Provide clinical and therapeutic support and guidance through stages of the grief process
- Help support and retain adaptive functioning throughout the period of mourning
- Help participants identify effective ways to express and process complex and sometimes ambiguous feelings and thoughts regarding their grief experience
- Help participants effectively cope with possible intense feelings that can accompany grief
- Help participants eventually come to a place of acceptance in regards to their loss and rebuild a life for themselves after the death of a loved one

Questions are encouraged. Group size is limited. To make a referral or to schedule an intake appointment, please call the Center for Grief Recovery at 773-274-4600.