

Holidays Can Be Difficult

No matter what your religion or lack thereof, the holiday time can be most trying. The holidays stir up memories of the past, evoke powerful feelings, and force us to compare our life situation to that of the perfect family portrayed on television.

Memories of the past are tied to this time of year. Many people have traditions which are sanctioned by religion, but many also have traditions which are more secular in nature. The gift giving, the taking of vacations, the sharing of special times or activities -- may have been part of the joy that we had with a lost loved one. Getting through the first season can be nightmarish and the next ones may be a bit more moderate, but still quite painful emotionally. All of these memories of good times and rituals shared together may raise bittersweet thoughts and feelings.

Join us in co-creating a safe therapeutic group aimed at helping members through the many griefs associated with the holidays. Find comfort in sharing your experiences with others who are going through similar circumstances. Benefit from the professional guidance and consultation of our grief group leader. While the holidays can be very stormy for those suffering from loss, they hold special potential for those committed to the healing journey.

An initial intake interview is required.

To make a referral or to schedule an intake appointment, please call The Center for Grief Recovery at 773-274-4600 or e-mail us at griefrecovery@griefcounselor.org