

“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 on the 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 Derek Vincent, LCPC  
at 773-220-4370 or derek.vincent.lcpc@gmail.com**