

# Transformative online groups for help with GRIEF.

We know that all tragedies and grief looks different. It ebbs and flows. It changes. And you don't need the stale doughnuts and bad coffee that are the hallmark of traditional groups. You need expertise to help guide you as you traverse your life with this heavy load.

Our online groups are uniquely developed to focus in on different types of loss, including parents who've lost children, loss of a partner, children who've lost loved ones, estrangement, infertility and miscarriage, post-partum, and others, which means you'll be part of a community of like-minded people who get it—they know what you're talking about. We have developed a program that provides knowledge, awareness, and healing in an environment that is safe, supportive, and constructive. Whether you're ready to join us yet or not, check out our free resources. We want to help you in whatever way that is helpful to you on your pathway to mental wellness.



**TRANSFORM**  
*Through Therapy*



# Online group therapy designed just for you & your mental wellness



1

**TAILOR-MADE FOR YOU:** Get the benefit of a group that knows exactly what you're going through. You'll be a part of a group of like-minded people who get it and together you can successfully get over the hurdles in front of you, all with love, laughter, and support along the way.

2

**ANONYMITY:** What you're facing is delicate and vulnerable, and healing requires safety. Online groups bring people together all over so you can safely share with your group as anonymously or open as you'd like, without worrying about bumping into anyone at the grocery store or next PTA meeting.

3

**FLEXIBILITY:** Eliminate the restrictions of geography or transportation. We know that you're handling a lot, and it can be scary to add one more thing to your plate. Our online groups come directly to you—so whether you're on the road, balancing work and home life, or unable to travel at all, an internet connection is all you really need. Plus, each session is recorded for later viewing if you miss the live session.

4

**EXPERTISE:** Our groups are led by two seasoned clinicians with deep experience guiding people through the challenges and emotions that come with grief and loss. While some groups are run by well-meaning people, there can be a lack of skills to help you move forward. With us you are in good hands on your journey to mental wellness.



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