



HOLDING SPACE
COUNSELING

Grief Support Group



Grief is one of the most difficult human experiences. Whether we are grieving the loss of a person, a relationship, a pet, or our identity--grief impacts us deeply, often causing us to feel isolated and alone. In light of this reality, our goal in creating this group is to provide a space of healing and understanding as you navigate your own unique grieving process. Whatever your grief story may be, we invite you to join a space to process, gain tools, find hope, and ultimately feel less alone.

Is this for me?

- For any adult currently experiencing or has experienced grief and loss.
- If you are feeling isolated in your grief and would benefit from a communal space that promotes understanding, support, and healing.
- You are looking for tools and skills to help process your grief.

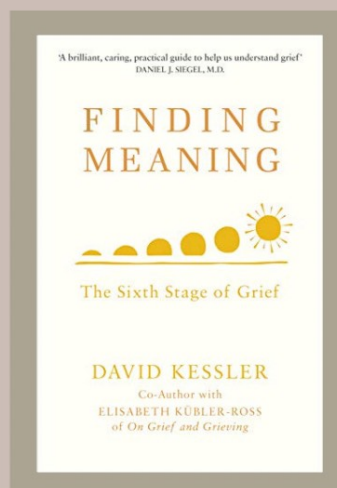
Where and When?

- Includes 8 one hour sessions
- Each session is \$60
- Located in Brentwood, TN
- Meets weekly on Wednesday from 6:00pm-7:00pm
- Starting on October 4th, 2023

Save 10% if all sessions are paid in full

Contact Us

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Required text:

Finding Meaning by David Kessler

Led by therapists Taylor Eades LPC-MHSP (T) & Ashton Ross MA.