



# Life After Loss



## *Healing from Grief and Bereavement*

- A compassionate space to explore and honor your grief
- Therapist-guided exploration of emotions to help you move through the bereavement process
- Develop coping tools for managing intense feelings and day-to-day challenges
- Mindfulness, grounding, and resilience-building practices
- Support in navigating life changes and identity shifts that often follow loss
- Welcoming to individuals at any stage of the grief journey, including complex grief and ambiguous loss
- No pressure to share—participate however feels right



Sandra Harris



Allyson Galishoff

- Accepting New Members
- Meets virtually
- \$75/session
- Discounts for prepayment
- Easy out-of-network reimbursement

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