

## **Living through Loss**

### Counseling Services Workshop

This 6-week course will equip you with the tools and resources we all need to be healthy and live through our loss.

**Summary:** Life forces us to face loss in many ways. Loss of relationships. Death. Relocation. Divorce. The pressure to “move on”, “be okay” and “show strength” is relentless. Often when we lose something or someone we love, we are never feel the same again but it is possible to recover and find a new way of living.

**Facilitator:** Stephanie Davis, MA, LPC

Week 1: Introduction to Grief, goal establishment and grief education part I

Week 2: Grief education part II, identification of loss relationship

Week 3: Better, different, more: a CBT approach to coping with guilt associated with loss

Week 4: Grief timeline: a mindfulness approach to loss

Week 5: Unpacking our loss

Week 6: Wrap up, smudging ceremony, dinner will be provided