



*Seek comfort. Seek hope. Seek healing.
Seek sanctuary.*

GRIEF SUPPORT

For Adults

You've lost someone beloved to you.

Your grief is very personal.

Whether this loss was recent or years ago, we believe that you have the right to grieve in your own way and in your own time. Sanctuary Counseling provides a safe and compassionate place - a sanctuary - for you to find support during this difficult time. Our goal is not to help you "get over" the loss, but rather to find healthy ways of honoring and incorporating it into your life.

GRIEF IS NATURAL. YOU ARE NOT ALONE.



Grief can be such an isolating experience. The support of a group can be a meaningful source of healing and comfort.

ADULTS' GRIEF SUPPORT

PLEASE CALL FOR DATES AND TIMES

Give yourself the gift of time and space to grieve and to experience sharing with others who understand your loss.

Professional counselors facilitate this group with a time of:

STORIES SUPPORT

SHARING EDUCATION

Space is limited. PRE-REGISTRATION IS REQUIRED.

Please contact us for more information: 610-385-3155.

