SOUL RESTORATION PROJECT
HEAL·LOVE·TRANSFORM

GRIEF GROUP

for Various Life Losses

Saturday mornings October 26-December 14, 10-11:30am

Grieving a loss of any kind can be very painful. This therapy group is an opportunity to process grief in a warm and supportive environment. The group is open to anyone who needs a safe space, community and tools to facilitate the grief process. This group is for people dealing with a variety of losses, including the death of a loved one but also grief related to past or present circumstances such as the losses related to diminished health, painful relationship losses, unfulfilled dreams and difficult life transitions.

The group will explore:

- The process of grief, how our families have dealt with loss, and our own individual path
- Unresolved areas of guilt, anger, and other difficult emotions
- Areas of resilience and the path to the new normal
- How anxiety relates to loss, how to manage it, and how to grow through it.

The group will use *The Grief Recovery Handbook*.

The group will be held at the SRP office in Santa Ana, 1801 Parkcourt Place, Building F, Suite 205. (Close to the 5, 22 and 55 freeways.) The cost for the group is $45 per session (or $360 for 8 sessions). The group is a closed, small therapy group. For more information, for an application and to set up an interview prior to the beginning of the group, contact Vickie Wagner at 714.262.4445, ext. 12 or by email vickie@soulrestorationproject.org.

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Vickie Wagner, M.A.

Vickie Wagner, MA, Associate Marriage and Family Therapist, and Megan Fenton, MA, Associate Marriage and Family Therapist, will co-facilitate this group. Megan and Vickie look forward to creating this safe space with and for you. They believe grief is a neglected yet important, albeit difficult, part of every journey of growth. They draw upon their clinical training as well as their own journeys of loss.



Megan Fenton, M.A.