



COMPLICATED GRIEF THERPAY GROUP (WEEKLY)

What is Complicated Grief?

When we experience a death, there is a natural period of loss and mourning. Unfortunately, if we have not been given the tools to actively mourn and process our grief, this period of loss can become a permanent state of emotional existence. If you are six months or more removed from a death and feel that your grief has become a consuming and constant part of your emotional and psychological self, then this group may help. **We will meet for four consecutive weeks (70 to 90 minutes each week)** to learn new tools for active mourning and productive processing of grief. There will **two OPTIONAL SESSIONS** for additional support. **THIS IS NOT A TRADITIONAL SUPPORT GROUP.** This will be a psychoeducational group to help you learn new skills and tools. Fee for the group is \$80.00 total, due prior to the first session.

**Learn to process
grief in a safe and
supportive place**

**This group is NOT
for those
processing the
immediate trauma
of a death**

**Please use the
contact info below
to inquire about
participation**

FOWLER AND TIDWELL

COUNSELING

7155 Old Katy Rd.
Suite N244, 77024

(832) 831-8379

Deanna@fowlerandtidwell.com

Saturdays: 1:00 pm

Starting 10/19/19

Ask to speak to Deanna
Diamond if you call.