

We're launching a grief support group.



Realize You Are Not Alone:

Grief can sometimes leave us feeling alone, even when surrounded by others. You don't have to walk through this journey by yourself. Our support group offers a safe, compassionate space to listen, connect with others who understand the pain of loss, and to share your grief experiences.



Gain Healthy Coping Strategies:

Grief can bring many emotions and unexpected changes. In a caring and supportive space, you'll have the opportunity to learn gentle ways to cope, navigate difficult moments and milestones, and take things one day at a time alongside others who understand the journey of grief.



Receive Emotional Support & Hope:

Sharing your experiences and listening to the stories of others can help ease feelings of sadness, anxiety, and being overwhelmed. Seeing how others are finding their way through grief can provide comfort, encouragement, and hope as you move toward healing in your own time and in your own way.

If interested, contact Erik Johnson for more information.

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 **Becoming Free Counseling Services**

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