

Group Starting Soon!

Working through Grief

Is your Child or Teen Struggling With the Loss of a Loved One?

Death is very painful, especially for the young. Kids may experience challenging & unexpected feelings, like guilt, fear, sadness & anger. It can seem like the emotions will never go away. While such feelings can be overwhelming, they are normal responses to losing someone. Developmentally-appropriate therapy groups provide support & teach skills about:

- ❖ The Stages of Grief
- ❖ Feelings Associated with Loss
- ❖ The Importance of Letting Yourself Grieve
- ❖ How to Cope with the Loss of a Loved One
- ❖ How Life Exists Even After Death



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