



Living Through Loss

a support group for adults

2900 Chestnut Ave. in Hampden
at the corner of Chestnut Ave. & Falls Rd.

Thursday evenings, Oct 10 - Nov 14, 7-830pm

Looking for a safe space to ...

- take care while mourning?
- be with others who are grieving?
- pause in the midst of transition?
- feel whatever you may be feeling?
- think about the grief process?
- explore resources for coping?

Each week, group members will check-in, consider a facet of grief and mourning, share and listen at their own pace, and receive the group's support.

Sarah Diehl, licensed counselor, will lead the group and is available for individual psychotherapy.

Leader:

Sarah Diehl, MDiv, MS, LCPC
Psychotherapist &
Former hospice chaplain

For questions or to register:

CALL 443.993.5105

EMAIL sarahdiehl.lcpc@gmail.com

VISIT www.sarahdiehltherapy.com

Cost:

\$325 for the series, in advance

\$65/session, week to week

Invoice provided for insurance

reimbursement; No refunds

On Living Through Loss

"It hurts to live after someone has died. It just does. It can hurt to walk down a hallway, or open the fridge. It hurts to put on a pair of socks, to brush your teeth. Food tastes like nothing. Colors go flat. Music hurts. And so do memories. You look at something you'd otherwise find beautiful - a purple sky at sunset, or a playground full of kids - and it only somehow deepens the loss. Grief is so lonely this way."

- Michelle Obama, on the loss of her father

"Society offers us many opportunities to avoid the intense pain that the loss of a loved one can bring. Processing the pain of grief helps prevent people from carrying pain into the future, where it might be more difficult to work through [or contribute to complications]. Being with supportive people who validate our feelings helps us to address our pain."

- William Worden, PhD, ABPP, on the tasks of grief

"I want it not to have happened, but ... What do you get from loss? You get awareness of other people's loss, which allows you to connect with that other person, which allows you to love more deeply and to understand what it's like to be a human being."

- Stephen Colbert, in an interview with Anderson Cooper

"To look at loss is to see how inextricably our losses are linked to growth. And to start to become aware of the ways in which our responses to loss have shaped our lives can be the beginning of wisdom and hopeful change."

- Judith Viorst, in her book, *Necessary Losses*