



GROWING THROUGH GRIEF



~ A group experience for bereaved adults in young or middle adulthood ~

"He who has no time to mourn has no time to mend." ~John Donne

If you are grieving the death of a loved one, this is a place for you to find support and encouragement while moving through your own unique grief journey.

You'll have an opportunity to develop a deeper understanding of grieving and mourning and learn more about your own experience. In a caring and respectful environment where emotions are validated, you'll gain insight into the natural grieving process, learn new coping skills, and feel supported.

WHEN: Groups meet for 1 ½ hours once a week for eight weeks.
Starting dates and times are determined by group needs.

WHERE: Spectrum Center
1550 Spring Road, Suite 215
Oak Brook, IL 60523

FEE: \$280 for 8-week session (some insurance may cover a portion of this cost)

- This group is for adults in their early or middle adulthood who have experienced the death of a loved one, whether the death was recent or long ago
- The group will meet for 8 consecutive weeks
- Group size is limited; pre-registration is required by calling 630-530-0405
- Group is professionally facilitated by Cindy Thelen, LCPC, CT

QUESTIONS ARE INVITED. Please call Cindy Thelen at 630-530-0405
or email: cindy.t.lcpc@gmail.com

The group experience offers *education, information, support, understanding, caring, hope, and a safe haven* to help you explore your sorrow and integrate loss into your life.

Cindy Thelen is a psychotherapist specializing in grief & loss and life transitions. Cindy's professional qualifications, as well as her personal experience of loss, bring profound depth to helping people who are striving to integrate loss into their lives in a meaningful way.



~ Rediscover meaning and purpose after profound loss ~

