



S·U·N·S·T·O·N·E  
COUNSELING



## ***Grief Recovery: Healing from Loss***

Are you suffering from loss in your life?

Maybe it was recent. Maybe it occurred a while ago yet weighs on you.

### **Loss means different things to different people:**

- A death of a loved one
- Divorce
- Job loss
- Death of a pet
- A serious illness
- A child leaving home
- Deployment
- Betrayal

As the days get shorter and the holidays move closer, the feelings of grief and loss often intensify. Join us in this opportunity to find support and understanding together.

### **Our initial group starts Thursday, October 9<sup>th</sup>.**

This group explores the thoughts and emotions of grief. We provide tools to help you move through your grief towards a fuller life.\*

**Who:** For men and women 18 and older  
**When:** Thursdays from 7 – 8:30 pm, beginning October 9<sup>th</sup>  
**Where:** Sunstone Counseling in the City of Falls Church

**Contact:** Tara at 703 810-7918, [tara@sunstonecounselors.com](mailto:tara@sunstonecounselors.com)

Tara Edwards is a Graduate Counseling Intern working under the supervision of Cindy Walls, LPC

\*The group uses *Understanding Your Grief* by Alan D. Wolfelt, Ph.D. as a guide.

124 D E. Broad Street | Falls Church, VA 22046 | p 703.534.5100 | [www.sunstonecounselors.com](http://www.sunstonecounselors.com)