

# GRIEF CARE



- Grief is painful, messy, layered, confusing, exhausting, misunderstood, villainized, thought to be over or you get “through it” after a “reasonable” amount of time.
- Your friends and family want you back.....to be yourself again, when possibly, you’ve changed in ways you don’t understand.
- Each and every human being grieves differently, just as God has created each of us uniquely different. Only you know your grief and how it’s affecting you. The tools you will be offered are simple but not easy. Grief work is not warm and fuzzy but it will give you a choice of tools if you choose to use them.
- Our time together will be one on one to assure privacy and assist in establishing open and honest communication.
- #1 rule in grief.....there are NO rules.
- This will be a place to feel safe, to be heard, to get grounding & learn about this God-given emotion we call grief.

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