

Grief

You are not alone

Grief can be lonely but you are not alone.

Most of us remember the first time someone in our life passed away. Maybe you were a child and it was an older relative, who was ill. Or perhaps it was an unexpected and tragic loss of a sibling or parent. Whether expected or a sudden shock, all of us have lost someone we love during our life, making grief a regular part of our experience.

The Importance of Grief Therapy

Grief therapy provides us with an opportunity and a safe place to face our loss. In therapy, we can explore all the emotions that are normal in grief - sadness, anger, acceptance, denial, relief, pain, and hope. It's an opportunity to process our love and loss while developing the skills we need to navigate this new normal. We learn that while grief will always be there, it coexists with love. It may not get easy but it will get less hard.

One of the ways grief therapy can help is by exploring and identifying what you need and how to ask for it.



A grief counselor understands that loss is part of life and knows there's a way through grief that can lead to a different kind of life after loss. Being able to rely on this support and knowing you have a safe and protected space to express what you're feeling allows you to create the foundation you need to get through the grieving process.



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