

Grief & Loss Group

Thursdays from 11:30am – 1:00pm,
beginning November 11, 2010

An on-going open group for women and men who are
PEP graduates.

Each group will include time for individual grief work in
a supportive and safe environment, as well as time for mutual support and
encouragement.

How to know if you are ready for this group:

- Are you grieving the loss of the healthy relationship that didn't happen?
- Are you experiencing feelings of sadness or anger regarding the loss of what could have been a healthy marriage or relationship with a person who turned out to be abusive?
- Are you mourning the good and beautiful things lost when you had to put an end to an abusive relationship?
- Are you grieving other losses related to the results of domestic violence such as; the loss that your children do not have the father or mother they deserve, the loss of years, the loss of hopes and dreams of what partnership could have been like, loss of innocence, loss of love, loss of health, loss of self-esteem, loss of security, loss of trust, loss of a marriage, loss of friendship, loss of companionship, loss of relationships with people who don't understand...

Laura's House Counseling and Resource Center
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Ladera Ranch, CA 92694
949.240.0363

Please Note: Space is limited. Each participant must complete registration and an intake with Laura's House prior to group participation.

