



VIRGINIA OAK

COUNSELING

NAVIGATING THE SEASONS OF LIFE

Complicated Grief Adult Support Group

Mondays

1/10, 1/17, 1/24, 1/31, 2/7, 2/28, 3/7, 3/14, 3/21 & 3/28

5-6pm

BCBS, Anthem, United insurance accepted

8805 Sudley Rd., Suite 202, Manassas, VA 20110



This group addresses:

- Therapeutic support around loss of loved one(s) that occurred more than 6 months ago
- A safe and supportive environment to process difficult emotions resulting from loss
- Guidance through the process of working through avoidance of painful reminders of grief
- Learning how to accept the finality of the loss
- Support in rediscovering satisfaction in life while maintaining a sense of connection to the lost loved one(s)

Registration and more information: contact@vaoakcounseling.com

SPACE IS LIMITED, SIGN UP NOW

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