

Grief Intensive Sessions



Program Description	Features	Session Options	Takeaways
Grief Intensive Sessions are specialized programs designed to help you navigate the healing journey after loss through focused, compassionate support. Whether in the early stages of grief or carrying the weight for some time, these sessions provide a dedicated space to process pain, find community, and move forward at your own pace.	- Personalized guidance from trained grief counselors tailored to your specific experience. - Evidence-based therapeutic approaches, including CBT and mindfulness techniques. - Safe and supportive community with shared understanding. - Flexible formats catering to personal schedules.	Weekend Intensive Sessions: Shorter-term, focused healing over a few days for those managing daily responsibilities. Extended Retreat Sessions: Immersive, profound healing in extended formats for deeper exploration.	- Practical coping strategies grounded in CBT and mindfulness for ongoing use. - Strong connections and a lasting sense of community. - Confidence and understanding in your personal healing process.