

Door of Hope Grief Group



A Healing Therapeutic Group for Those Grieving Loss by Suicide

Suicide loss is a unique grief and survivors are faced with overwhelming feelings of sadness, shock, guilt, shame and anxiety to name a few and tend to feel isolated and alone. There are many unanswered questions for the bereaved and many struggle in silence. The goals of this therapeutic support group are to offer a safe place to help participants feel less helpless, find comfort, support and inner strength to cope with the challenges of life after the suicide of a loved one. Each week there will be a new topic and guided imagery, relaxation and breathing exercises will be part of each session.

When: Mondays 12-1:30pm beginning in January or early Feb.
(A night time group is starting as well)

Cost: \$40 for each session or \$280 if paid in full by first session (Visa, MasterCard, Discover accepted)

Location: 17 Bishop Hollow Road Ste D
Newtown Square, PA

For more information or to register please contact Linda Falasco, LCSW at 484-571-8010 or visit www.lindafalascocsw.com.

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Support Group for Teens Who are Experiencing a Suicide Loss



Surviving a loss by suicide can be an isolating and confusing experience for anyone. Children and teens are especially vulnerable because most often they are left alone to make sense out of this loss.

Many do not share with their peers what they are experiencing and may also keep it from their families because they don't want to cause them any more pain.

This group will be an 8 week therapeutic group.

The group will help survivors process their grief among their peers in a safe environment.

Cost of the group is \$280 if paid prior to the first group or \$40 weekly.

Group will begin in January 2014 or February

Linda Falasco, LCSW is a licensed clinical social worker & bereavement counselor in private practice located in Newtown Square. For more information or to register please contact Linda Falasco, LCSW at 484-571-8010 or visit www.lindafalascosw.com.

