



# Sharing our grief journey

**A support group for those exploring grief and loss**

Grief is the experience of any unwanted loss. This includes but is not limited to: the death of a loved one, a child leaving for college, pet loss, divorce/separation, loss of health or financial security. The list is endless. This group is designed for anyone seeking support in their unique grief journey.

## In this group we will:

- have the opportunity to share and explore our grief in a safe and confidential container
- discover the healing power of having our grief witnessed and giving that gift to others
- learn tools to help navigate this journey including mindfulness, movement, and writing

### Location:

Fairfax, CA (contact me for address)

### Date/Time:

Every Wed. in May, 5 - 6:30pm (starts May 7th)

**Cost:** \$95.00

**Request:** to attend every session, this is not a drop-in group

For more information or to schedule a private session, email: [gyani@ourgriefpath.com](mailto:gyani@ourgriefpath.com)

## About the facilitator:

Gyani Richards is a grief counselor and coach who helps people navigate and heal in their journey through grief and loss. Having lost his father early in life, he began exploring meditation and the great wisdom traditions of the world, practices which have defined the last 40 years of his life. He has an M.A. in Transpersonal Counseling Psychology, a second-degree black belt in Aikido, and is a Certified Grief Educator. He works with individuals and small groups both in person and by Zoom.



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