

# Support for the Places Grief Touches Most Deeply



## **Grief Dreams: A Gentle, Supportive Exploration**

Dreams can stir powerful emotions after loss — whether a loved one appears, or doesn't—and often leave people wondering what the heart is processing beneath the surface. Through gentle guidance, hypnosis-inspired relaxation, and simple dream-journaling, you are invited to reflect on grief dreams in ways that support meaning-making, emotional regulation, and rest.



## **Writing: Transform Loss Into Healing Words**

Discover the Power of Your Story — Are you navigating the challenging journey of grief? Turn pain into purpose with my unique grief support through memoir writing. I am a memoir coach, editor, self-publishing coach (i.e., Amazon), and author.

1:1 support (in-person or via Zoom)

Ask about group programs

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