



Better is possible.



**FamilyMeans**  
CENTER FOR GRIEF & LOSS



# FamilyMeans

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## Center for Grief & Loss Services

FamilyMeans Center for Grief & Loss offers specialized therapy for complicated grief, trauma and life transitions. All of our staff are clinically trained mental health therapists, which allows us to competently work with a variety of concerns for which individuals and families seek mental health care. Our staff is particularly passionate about and experienced in helping individuals and families experience healing and growth from grief and trauma.

## The Center provides services specific to loss and trauma:

- Individual, couples, family and group therapy for all ages.
- Consultation and critical incident response to businesses, schools and organizations in the aftermath of a sudden death or traumatic experience.
- Clinical supervision, professional workshops and training.

### Therapy groups:

- Child loss
- Homicide loss
- Lesbian and gay loss and transition
- Men and grief
- Parent loss
- Spouse/partner loss
- Suicide survivors
- Trauma information

### Workshops and trainings:

- Caregiver compassion fatigue
- Complicated grief and traumatic loss
- Grief and the family
- Grief and the holidays
- Grieving children in the classroom
- Helping ourselves and others through grief
- How to talk to children about grief and trauma
- Organizational transitions

## Getting Started

Grief can take many forms. Are you grieving or going through a difficult transition? We specialize in grief, trauma and life transition.

**Call (651) 641-0177** to get started.



## Community Crisis Response

Are you part of a business, school or organization that has experienced a crisis? We provide therapeutic and supportive services to those impacted by natural disasters, terrible accidents, sudden death and other traumatic experiences. **Call (651) 641-0177** to learn more.

## What's Happening

We provide therapy, events and support to help individuals, families and communities. Check out upcoming events at [FamilyMeans.org](http://FamilyMeans.org) or [GriefLoss.org](http://GriefLoss.org).



### Schedule An Appointment

Call the intake staff at **(651) 641-0177** to schedule an appointment. Most insurance is accepted and a sliding fee scale is available. No one is denied services for an inability to pay.

# Support is here.

At FamilyMeans, our work is life's challenges. We listen without judgement, offer encouragement and believe in you even when you might not. You can count on FamilyMeans.

FamilyMeans is accredited by the Council on Accreditation. Services are available to all persons without bias to age, gender, race, national origin, disability, religious affiliation or sexual orientation. If a reasonable accommodation for a disability is needed, FamilyMeans will make every effort to accommodate with advance notice.



## FamilyMeans

**BETTER IS POSSIBLE**

[familymeans.org](http://familymeans.org)

**651-641-0177**  
1129 Grand Ave.  
St. Paul, MN 55105

**651-439-4840**  
1875 Northwestern Ave. S.  
Stillwater, MN 55082

