*We grieve because we have loved. Through our journey we can be healed.*

**"I had never experienced profound loss until recently. There is no playbook for how to deal with it. Coming to the Center for Grief & Loss to talk about it and learn how to cope has been extraordinarily helpful."**
**- Grief Counseling Client**

FamilyMeans
BETTER IS POSSIBLE

**The Center for Grief & Loss**
**GriefLoss.org | 651-641-0177**
**1129 & 1133 Grand Ave.**
**Saint Paul, MN 55105**

**FamilyMeans Main Office**
**FamilyMeans.org | 651-439-4840**
**1875 Northwestern Ave. S.**
**Stillwater, MN 55082**

**Virtual services also available!**

Fees: No client is refused services for inability to pay. When possible, insurance is billed and reimbursements are collected for mental health services. Most other program fees are based on a sliding scale.

FamilyMeans is accredited by the Council on Accreditation. Services are available to all persons without bias to age, gender identity, color, race, creed, 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.

COUNCIL ON ACCREDITATION

United Way
Community Partner

FamilyMeans
CENTER FOR GRIEF & LOSS

**Better is possible.**

GriefLoss.org
651-641-0177
651-439-4840

FamilyMeans

BETTER IS POSSIBLE

Support is here.

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

Non-profit established in 1963.

**Counseling & Therapy**

**Center for Grief & Loss**

**Caregiving & Aging**

**Financial Solutions**

**Youth Development**

**Employee Assistance**

# The Center for Grief & Loss

Providing specialized therapy for complicated grief, trauma, and life transitions. Our independently contracted therapists are particularly passionate about and experienced in healing and growth from grief and trauma.

**Support through grief, loss, and trauma.**

## Individual, Couple, & Family Therapy

Adjusting to a life without a spouse, child, close relative or friend takes time, support, and patience. The Center for Grief & Loss helps individuals of all ages through loss, grief, and trauma with personalized therapeutic services.

## Consultation & Critical Incident Response

We provide therapeutic and supportive services to businesses, schools, and organizations impacted by natural disasters, terrible accidents, sudden death and other traumatic experiences.

## Education

The Center for Grief & Loss provides clinical supervision, trainings and professional workshops. A few of our education sessions include:

- How to talk to children about grief/trauma
- Grieving children in the classroom
- A therapist's introduction to grief work

## Classes & Events

Providing support and healing through group classes and events. Popular events include, Yoga Nidra for Grief,  Nature Immersion, and the Memorial Walk for Hope & Healing.

## Getting Started

Grief can take many forms. If you are grieving or going through a difficult life transition, we can help. Contact us today to get started at 651-641-0177.

Visit our website at GriefLoss.org to find information on upcoming classes, events, and support resources.

**Use the QR code to watch a brief video about The Center for Grief & Loss.**

The FamilyMeans Center for Grief & Loss is located inside two houses on Grand Avenue in St. Paul. Virtual services are also available upon request.

**Schedule an Appointment!**

**Call the intake staff at 651-641-0177 or visit GriefLoss.org**