



Loss

When a change takes place, you must experience the grief that accompanies it.

Are you having any of these symptoms?:

- **Shock** - Temporarily anesthetized against the overwhelming experience you are facing
- **Depression** - Feeling loneliness or a sense of isolation
- **Physical Symptoms** - Sleep problems, pain, weight loss or gain
- **Panic** - Feeling there is something wrong with you
- **Guilt** - Thinking maybe you could have done something to avoid the loss
- **Hostility** - Anger at the person/thing lost, God or yourself

If you are experiencing difficulty in recovering from loss, maybe we can help.

Christian Counseling Services along with Gentle Shepherd Hospice is offering a
Grief Workshop

This is a **free group** run by a Professional Christian Counselor.

Every Friday Starting December 2nd
12:15pm - 1:30pm

Pre-Registration is required for this group. For more details, and to reserve your spot, call us
Today.

Christian Counseling Services

(434) 525-9006