

Grief support.

THE GRIEF JOURNEY



Someone you love died. And now you're supposed to know what to do with that.

You don't. Nobody does. Grief is not a project. It is what love does when the person is gone — and it needs a witness.

Not a pep talk. Not a timeline.

A room where you don't have to make it smaller so other people can stay comfortable.

That's what this group is.

Five Tuesday nights with me, Therapist Jill, and a handful of people who also have an empty place at the table. You can talk. You can sit quiet.

Either way, you will not be doing this alone in your kitchen at 1 a.m.

The Grief Journey will be held for **5 weeks** with Jill and is a no fee event held in partnership with O'Connell Family Funeral Homes.

Starts Tuesday, October 20 • 6:00–7:30 p.m.

Sessions held at: Black Sheep Therapy • 1810 Crestview Dr, Hudson, WI
Please pre-register at: BlackSheep-Therapy.com/Services/Grief-Support

Jill Ann is a WI and MN licensed therapist who specializes in grief therapy. Her experience with helping people through their grief journey has taught her the secret to living a fulfilled life, even after the pain of losing a loved one. Jill's work has been featured on Kare 11, WCCO and KSTP as well as FM 107.1 where she hosted her own radio show. She regularly lectures for organizations on topics of grief, trauma and emotional intelligence. Jill is a certified grief therapist, trained by grief expert, David Kessler.

To learn more about Jill visit:
BlackSheep-Therapy.com

Jill Ann Anderson
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