

The Grief Journey With

Jill Ann
ANDERSON

Embark on a transformative grief journey with **The Grief Journey with Jill Ann**, a program designed to guide participants through the painful and overwhelming emotions of loss, this program provides the support, understanding, and tools you need to navigate grief so you can REMEMBER with more LOVE than pain.

Each week, Jill will compassionately guide you to:

- Release the suffering
- Let go of guilt, blame and the “what-ifs”
- Understand your own grief journey
- Get unstuck
- Create a path forward that honors your loved one
- Support when and where you need it

Spring Sessions:

Every Tuesday | March 10 - April 14, 2026

Baldwin: 10:00 a.m. to 11:30 a.m.

Hudson: 6:00 to 7:30 p.m.

Every Thursday | March 12 - April 16, 2026

River Falls: 6:00 to 7:00 p.m.

Online Option:

Every Tuesday | March 10 - April 14, 2026

Noon to 1:00 p.m.



O'CONNELL

Family Funeral Homes & Cremation Services

Space is limited! Please pre-register by calling or emailing:

O'Connell Family Funeral Home (715) 386-3725

info@oconnellfuneralhomes.com

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:
collaborative-counseling.com



Jill Ann Anderson
MS, LPCC (MN) LPC (WI)