

The Grief Journey With

Jill Ann
ANDERSON

Embark on a transformative grief journey with **The Grief Journey with Jill Ann**, a compassionate program rooted in the powerful teachings of Dr. Elizabeth Kubler-Ross and David Kessler's Five Stages of Grief. 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

Fall Sessions:

Every Tuesday | October 7 - November 11, 2025

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

Online Option: 1:00 to 2:30 p.m.

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

Every Thursday | October 9 - November 13, 2025

River Falls: 6:00 to 7:30 p.m.

SPECIAL SESSION: Grief Journey Through The Holidays

Thursday, November 20, 2025

Check-in: 6:30 p.m. | Presentation: 7:00 - 8:30 p.m.

River Falls Golf Club | 2120 E. Division Street, River Falls, WI

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

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

info@oconnellfuneralhomes.com



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Family Funeral Homes & Cremation Services

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)