



# Grief and Loss Support Group

Call to join today!

## Grief and Loss Support Group

Grief and loss are some of the hardest experiences to walk through in life. The good news is that you do not have to walk alone. Jones Family Counseling Center is offering an 8-week grief and loss support group centered on helping and healing through the many stages of grief, renewing one's hope and strength, and making meaning from loss.

### Group Details:

**Who:** For adults 18 and older who have experienced death, grief, or loss

**When:** Mondays from 5:30 - 7 pm, Runs July 15- Sept 2

**Where:** Jones Family Counseling Center, PLLC  
123 Centerpark Drive, Knoxville, TN 37922

**Cost:** \$40 for all 8 sessions

Led by Josh Lund, M.A. and Lauren Lay, B.S.

## Jones Family Counseling Center, PLLC

Are you feeling profound sadness after the death of a loved one?  
Experiencing excessive guilt about something left unsaid or undone?  
Maybe you're gripped with fear? Caught in a cycle of anxiety, helplessness, or panic?  
Or having trouble resuming a normal life with grief and pain as your constant companions?  
Our Grief and Loss support group offers an opportunity to connect with others experiencing grief and loss in a non judgmental, safe space for you to work through your struggles together with a caring, nonjudgmental professional.

**(865) 392-5225**

Call to join or visit our website for more information! Spots are limited.  
[www.jonesfamilycounseling.com](http://www.jonesfamilycounseling.com)