

# LOSS DOESN'T HAVE TO BE LONELY.

**GRIEF BEFORE LOSS  
SUPPORT GROUP  
FOR FAMILIES &  
CAREGIVERS**

**EXPLORING ANTICIPATORY GRIEF**

**MEETS VIRTUALLY AT 12PM WEEKLY**

**DROP IN WHEN YOU'RE ABLE TO, NO COMMITMENT NECESSARY**

- Process your loved one's life-limiting illness, terminal diagnosis or end of life
- Take an hour to take care of yourself
- Connect with others facing a similar loss
- For any family member or loved one of someone with a terminal or life-limiting diagnosis

**TO JOIN US, PLEASE EMAIL  
KAT AT [KATPOSTELATX@GMAIL.COM](mailto:KATPOSTELATX@GMAIL.COM)  
OR CALL 512.229.9805**

**\$25 PER MEETING  
LIMITED TO 10 SPOTS PER MEETING**



**A NEW BEGINNING  
COUNSELING**

HEAL YOUR MIND & BODY

*FACILITATED BY KAT POSTEL, LMSW  
CLINICALLY SUPERVISED BY DORAN OATMAN, LCSW-S*