

LOSS DOESN'T HAVE TO BE LONELY.

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

EXPLORING ANTICIPATORY GRIEF

MEETS VIRTUALLY AT 12PM ON WEDNESDAYS
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
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*