

Group Programs

The Grief Recovery Method® - with Dawne Adkins, RSW, Certified Grief Recovery Specialist

Two Groups Available:

- 8 week program offered 3 times a year in small group settings (2-6 people) for anyone who has experienced ANY type of loss (*i.e., death, divorce, health, job*). Loss does NOT have to be related to suicide in any way.

Participants are asked to complete weekly reading and homework assignments.

- Adults \$295/person (*some benefit programs may cover the cost; no one is turned away due to finances*)

- 7 week program available any time for anyone who has experienced ANY type of loss (*i.e., death, divorce, health, job*) and prefers to work one on one. Loss does NOT have to be related to suicide in any way.

Participants are asked to complete weekly reading and homework assignments.

- Adults \$455/person (*some benefit programs may cover the cost; no one is turned away due to finances*)

Individual Counseling

Employee Assistance Benefit Program, benefit from your employer

To find a counselor in your area use www.PsychologyToday.com

Red Deer Primary Care Network (<i>Free</i>)	403.314.3297	www.reddeerpcn.com
Vantage Community Services (<i>Sliding Scale Fee</i>)	403.340.8999	www.vantagecommunityservices.ca
Shalom Counselling Centre (<i>Sliding Scale Fee</i>)	403 342-0339	www.shalomcounselling.com

Pet Resources

[Facebook Pet Loss Support Group](#)

Book: [One Brave Boy and His Cat](#), Andrew Peacock

Article: [Helping Yourself Heal When a Pet Dies](#) By: Alan D. Wolfelt, Ph.D

Book: [When Your Pet Dies, A Guide to Mourning, Remembering and Healing](#) By: Alan D. Wolfelt, Ph.D