

Bristlecone Health Services provides grief support to individuals and groups

A Free Community Service

“Someone you love has died. You are beginning a long journey that is often frightening, painful and sometimes lonely. No words, written or spoken, can take away the pain you now feel.”
–Dr. Alan Wolfelt

Death and divorce are two obvious life events that we grieve, but they are not the only losses we mourn in our lives. We experience loss throughout life starting at a young age: Changing schools, friendships that end, moving or leaving a job....you can probably add to the list. To cope with our grief we push the pain away only to find that it slowly builds up over time.

After experiencing a major loss it is not uncommon to feel that life has lost its meaning, or to feel completely isolated and overwhelmed. Maybe getting out of bed is difficult or you randomly burst into tears at odd moments not knowing why you feel so sad. Whatever is going on, stop

and consider the role unresolved grief may be playing in your life. Listen to your heart and take some steps to rediscover your purpose and hope by working through the pain of grief.

Bristlecone provides free grief counseling to anyone in the community. All counseling sessions are confidential and conducted in a safe environment where you can open your heart and begin to rebuild your life.

One-on-One Sessions: We believe the only way to fully heal is to go through the pain; to look inside and embrace the experience of grief as the transformational experience it is meant to be. Our grief counselor, Loren Pierce Coleman, starts with the foundational belief that each person has the internal resources to mourn a loss, and she will companion you on this journey of growth into new life.

Group Sessions: Loren is a Certified Grief Recovery Specialist®, and her 8-week classes based on the Grief Recovery Handbook written by John W. James and Russell Friedman have helped many people in Summit county find peace. Together in a safe, healing environment designed to help you work through the pain you will be guided to move forward.

Private and group sessions are provided at no cost; please call Bristlecone Health Services at 970-668-5604, as a first step to find your unique path through the experience of grief.



Loren Pierce Coleman

INSPIRE HEALTH

bristleconehealthservices.org
970-668-5604

Bristlecone Health Services
 Centura Health®