

# Grief and Loss Coaching

Grieving can be an overwhelming and complex process. Every individual reacts differently and experiences grief and loss in unique ways. Our Grief and Loss Coaching Program helps you understand the grieving process by providing you with support and resources to help you manage the range of emotions and difficulties when faced with a significant loss. This program is helpful to those who have lost a loved one or are experiencing other forms of loss in their life, including job loss, divorce, or ending of a relationship.



## Learn to feel happy again.

- **Have you recently lost someone?** Our clinicians can provide emotional support and resources to help you get through your difficult time.
- **Are you grieving a job or a relationship loss?** Our program is also designed to help you make sense of these types of losses and the steps you can take to help manage your reactions to grief or loss.
- **Are you looking for support in guiding your children through grief?** Our clinicians will help you understand how grief may impact children and how to support their overcoming grief.
- **Do you have questions about your emotional well-being due to a recent loss?** We can provide resources and strategies to help you in your journey of recovery.

## One call is all it takes to get started.

Life Smart Coaching focuses on providing you with support and resources to help you through your grief and loss. We make it simple to get started and guide you step-by-step. When you call our Client Services Centre, here's what you can expect:

1. We ask a few questions to make sure you receive the customized service that will be most helpful.
2. We arrange for one of our clinicians to call you and walk you through the types of support you could benefit from, including personalized resources specific to your concern.
3. We'll be in touch with you while you're using the materials, and help you build the self-care and self-compassion to overcome your grief.

Life Smart Coaching services are offered over the telephone. If you ever feel uncertain or overwhelmed, we can arrange counselling services (face-to-face, over the phone, or online).

Life Smart  
Coaching can  
help you cope  
with your grief  
and loss.



Call us to get started

1-866-565-4903

International (Call collect): 604-689-1717

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