

⟨ STUDIO ⟩

Saudade

CREATIVE GRIEF SUPPORT™



..... 2023

PROGRAMS & SERVICES

Healing from Loss: Grief Support Programs



COMMUNITY GRIEF GATHERING

A monthly drop-in gathering space for all types of grievers to connect and reflect together. When grief anniversaries or major moments are on the horizon, don't weather it alone.

Open Group: FREE ~ Donations accepted. Held on the last Wednesday of each month (6pm to 7:30pm) Drop-ins welcome, but pre-registration is required 24hrs before gathering.

Open group, 5-15 participants.

*IN-PERSON: STIMSON-GREEN MANSION'S TURKISH ROOM**



YOUR GRIEF STORY: BEREAVEMENT SUPPORT

Bereaved individuals learn to share their stories in a way that cultivates healing and honors the uniqueness of relationships through the power of storytelling and nurturing continuing bonds.

Group Program: \$495 | 6-wk program (1.25 hrs/wk)

Closed group, 3-6 participants. Offered 2x/year.

*ONLINE AND IN-PERSON**



GRIEF RECOVERY METHOD

Develop lifelong tools to express greater empathy, reciprocity, and connectedness healing from every form of loss. This powerful, action-oriented program teaches tools to better support yourself and the ones you love. Two different formats are currently offered:

Group Program: \$895 | 8-wk program (1.5-2 hrs/wk)

Closed group, 6-9 participants. Offered 3x per year

*ONLINE AND IN-PERSON**

Individual Program: \$1625 | 7-wk program (1-1.5 hrs/wk) Custom scheduling by appointment. Offered year-round.

*ONLINE AND IN-PERSON**



INDIVIDUAL SUPPORT SESSIONS

Grief support at your own pace. Book sessions weekly, monthly, or annually as needed. Come as you are and leave feeling truly seen and heard.

Initial Visit: \$325 (1.5 hrs)

Follow-up Visit: \$165 (1 hr) | \$195 (1.5 hrs) | Packages Available

*ONLINE AND IN-PERSON**

* Visit website for current start/end dates and details. Fees are subject to change. Online sessions are hosted via Zoom for Healthcare's secure platform. Desktop computer required. Group programs are strictly confidential and not recorded. All services and programs are for adults 18 years or older.

“Creativity is the essential response to grief.”

Henry Seiden, PH.D | NEW YORK, NY

“I was at a point where I could no longer feel joy or happiness. Things shifted almost immediately in my relationships. This program has literally changed my life for the better.”

Pamela W, LMHC | NEW YORK, NY

Grief & Trauma Support



THE WAYFINDERS: TRAUMATIC DEATH

For those who have lost loved ones to traumatic deaths, their narrative is a powerful source of healing. By exploring narratives, embodying alternatives, and having a safe place to express all of the images, feelings, and fears you may be experiencing, The WayFinders bereavement support program offers solace and a pathway towards emotional and somatic healing. This integrative model focuses on restoring resilience, calming the nervous system, releasing the death story, and commemorating living memories

Sudden death events may include:

- Suicide or Homicide
- Covid-19
- Accidental
- Death by Drug Use
- Mass Shootings (Acts of Terrorism)

Group Program: \$875 | 7-8wk program (1.5-2 hrs/wk)
Closed group, 3-6 participants. Offered 2-3x per year.

*IN-PERSON AND ONLINE**

Individual Program: \$1425 | 6-wk program (1.5 hrs/wk)
Custom scheduling by appointment. Offered year round.

*ONLINE AND IN-PERSON**

* Visit website for current start/end dates and details. Fees are subject to change. Online sessions are hosted via Zoom for Healthcare's secure platform. Desktop computer required. Group programs are strictly confidential and not recorded. All services and programs are for adults 18 years or older.

Coaching for Trauma Survivors

Available starting June 1st



TRAUMA RECOVERY COACHING

Clients that have experienced abuse, developmental trauma, C-PTSD, post-traumatic stress, treatment resistant depression, and chronic anxiety can benefit greatly by working with a trauma informed mental healthcare coach—even if past traditional therapies or diagnostic counseling have not been effective.

Types of trauma and abuse may include:

- Narcissistic: Psychological & Financial
- Emotional Abuse & Neglect
- Sexual Abuse & Grooming
- Verbal, Bullying, Cyber/Technology
- Spiritual & Religious Abuse
- Physical: Violence & Loss of Health/Illness

Coaches walk alongside their clients to brainstorm, provide tools and resources, psycho-education, and examine potential decisions. All sessions are client led and hold space for compassionate support, encouragement, and accountability. Clients gain courage and confidence to build a life they love living.

Initial Package: \$1775 (9 sessions @ 1-1.5 hrs/ea)

Recovery Packages: Starting at \$750/mo for weekly 1 hr sessions.
Reduced monthly fees apply to engagements 6mos or longer.

*ONLINE AND IN-PERSON**

* Currently, all services and programs are for adults 18yrs or older. CTRC's are certified by the International Association of Trauma Recovery Coaching and are held to a strict Code of Ethics and subject to board review in the event of complaint. Visit our website for more information on the difference between traditional therapy and coaching.

“The facilitators were both skilled and compassionate with both grief and trauma...worth every penny.”

J.L. | SEATTLE, WA

“The most damaging aftereffect of trauma is disconnection... CTRC's primary tool is to help their clients reconnect—to themselves, to others and their community around them.”

Bobbi L. Parish, MA, LMFT, CTRC-S. | BRISTOL, UK

Consulting & Design



CONSULTING SERVICES

Practical guidance and support for navigating difficult transitions surrounding death, grief, and loss. Together, we discover the best pathways to connect you with resources. We help clients restore a greater sense of order, hope and peace of mind during chaotic and vulnerable life transitions.

Initial Session: \$425 (2 hrs)

Follow-up Sessions: \$195 (1 hr) | \$275 (1.5 hrs)

Custom Packages: Starting at \$695



CREATIVE & DESIGN SERVICES

Legacy and preservation projects aid grievors by capturing and sharing the moments and relationships that have touched their lives. Custom services include book design for memoirs and autobiographies, specialty printmaking, audio recordings, and video documentaries.

Custom Project Quotes: Starting at \$2495

Explore: projectfarewell.com

All services begin with a **FREE** consultation.

Visit **HealingFromLoss.com** and book yours today.

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