

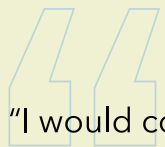


Gwen Kapcia, LBSW, CT

- Certified Thanatologist (CT®)
- Co-Author Mourning Star, a Christ-centered Grief Curriculum for children, teens and adults

Directed grief support at:

- Hospice
- Large Funeral Homes
- Center for Bereaved Children and Adults

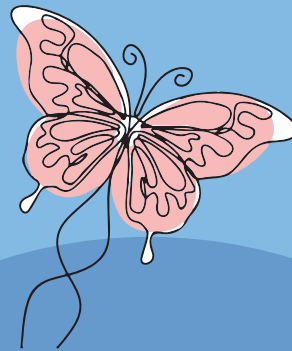


"I would consider it a great privilege to prepare and engage you for the journey. I am here to walk beside you and help you climb the mountain. To begin our conversation, please email me at gwen@grief-guide.com.

ABOUT YOUR GRIEF GUIDE

Your Grief Guide (YGG) is a 5 course online "Guided Grief Tour" that helps individuals who are suffering through a death loss. When the fog begins to lift and the pain comes in, Your Grief Guide helps you heal sooner with practical tools, guidance, preparation, and engagement.

Are you ready to navigate the road to restored balance and healing?



CONTACT

Your Grief Guide
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@YourGriefGuide



Should you shield the valleys from the windstorms, you would never see the beauty of their canyons.

~Elisabeth Kubler-Ross



your grief guide
the wound. the work. the wonder.

www.grief-guide.com

YOUR GRIEF GUIDE

Your Grief Guide (YGG) was developed as a roadmap through the very difficult journey of grief. No one comes to grief prepared for the task; nor is it something we are taught how to do.

With Your Grief Guide, an individual receives a 5 course online "Guided Grief Tour." The series is proven to help individuals who are suffering through a death loss find healing sooner with practical tools, guidance, preparation, and engagement.

WANT TO BOOK A PRIVATE ENGAGEMENT?

Gwen has created and presented many trainings and educational workshops. Private opportunities can be booked for both in-person or virtual meetings, for your church, professional agencies, and organizations.



WHAT IS THE JOURNEY?

1

A Broader View of Grief

We will present a real-life view of the grief journey and how our culture plays a part.



2

Your Unique Story

A closer look into what influences our journey and the unique factors that affect you personally.



3

The Work of Grief

Peering into what the experts say we need in order to heal will provide an informed approach that allows the mourner to gauge their "progress" and to identify areas where work is needed.



4

The Obstacles in Grief

Many times we don't know what may be an obstacle or what is hurting us as we maneuver our new path. We look at guilt, depression, and more.



5

Healing in Grief

Here you can review your progress, learn about how to reestablish stability, and promote balance.



NEXT STEPS

After the tour is completed, your journey doesn't have to be over.

Individuals are encouraged sign-up for 3 virtual checkpoints. Each checkpoint provides personal support with Gwen, a Licensed Social Worker and Certified Thanatologist (CT®), with a 60-75 minute Zoom meeting or phone call.

Through these next steps, you receive personal guidance to move through the wound, the work, and the wonder of your unique journey.

“It helped me know my feelings are normal. Gwen felt like a friend talking to us.”

“I can feel the healing that has happened from the first session to the present. What a blessing to have that relief and happiness.”