

***'Transforming loss...
into living again with
faith, hope, and love'***

Many are often uncomfortable around bereaved individuals because they don't know what to say or do ~ and that is why individual and/or group support from others who have experienced loss is so vital.

I truly believe we all have the **power within us to 'heal our fractured hearts'** ~ sometimes, however, we may benefit from walking beside someone that is further along on that road, helping us to understand and process our own personal grief so we may once again feel that hope of fully embracing life in the present.

Working through and integrating your loss within your mind, body and spirit can be a healing balm for your heart and life, so that over time you can **move toward a renewed sense of authentic wholeness.**

As painful as grief may be, **embrace your challenges and losses and in your own time and way, be open to possibilities and opportunities that may lead to new meaning and purpose and 'healing' in your life.**



I hope our time together offers you the support, encouragement, and information you are seeking that may lead to renewed hope, meaning, joy, and light in your life...

Consultation Fees:

Thank you for choosing to share your grief journey and concerns with me. As a community outreach, I **do not charge** for Grief Consultations ~ however, donations are certainly appreciated.

The FOD Family Support Group would benefit from your donation. We are an **all volunteer** family-based international Support Group and a 501c3 tax-exempt Non-Profit Corporation that networks and supports Families around the world living with rare metabolic Fatty Oxidation Disorders. **Donations are tax deductible.**



Your donation will help us with our printing, postage, website fees, insurances, phone/zoom calls to US Families and abroad, MeetUp/seminar expenses, as well as for future FOD Programs and Services and local pro bono Grief Support services. No donations are used for administrative salaries. If you write a US check, please make it out to the 'FOD Group' and mail to the address listed. We also have a secure Donation link on www.fodsupport.org. You can designate your donation for Grief Consults.

THANK YOU from ALL of our Families!

~You are NOT alone and 'We Are All in This Together'~

***GRIEF SUPPORT
FOR
BEREAVED PARENTS
& FAMILY MEMBERS***

~ Living with the Death of a Child ~

***Other Losses supported:
Spouse/Partner, Parent, Sibling & other Loved ones***



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**No fees are charged ~ Donations accepted
that will benefit
Non-Profit Corporation ~ FOD Family Support Group
Federal Tax ID # 83-0471342**

My Professional Role ~

I am educated and trained as a Grief Counselor and working as a **Grief Consultant** for **individual adults and couples** living with the **death of a child of any age and from any cause**. **Other losses** [ie., spouse/partner, sibling, parent, friend] are supported as well.

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I offer **pro bono grief support** for an **impending death or death of a loved one** via confidential and compassionate **face-to-face consultations and Online** in a safe and comfortable setting as you explore the impact of loss and transition in your life.

My counseling/ consulting/ spiritual philosophy entails more of a **growth and empowerment model for proactively transforming one's grief** versus the medical model of diagnosing and medically treating a specific mental health concern.

However, there may be possible mental health issues [ie., PTSD, grief depression moves to clinical depression] that may also be addressed via medical treatment and/or clinical therapy. I will discuss with you if further diagnostic assessment and/or treatment may be beneficial for you and offer a possible referral. It will then be your responsibility to seek that help from a medical or mental health professional. **You are welcome to continue with me for grief support even when working with another professional**, if you feel comfortable.

For more information about my practice and my grief counseling education and training, refer to my 'resume' posted on my website [About Deb page].

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Please note that **all consultations involve Adults 18 years and older**. To make an appointment, please call or email [always check your spam/junk folder]. Also visit my website to either complete & save the Grief Intake Form [Forms page] and then email to me as a pdf or print it and bring the completed form to your appointment. If you don't have internet access, you can complete my hardcopy form at the beginning of your appointment time.

Cancellations ~ a 24-hr notice is greatly appreciated

**'Some people think that grief is over in
a month or a year.**

They don't understand that it is a

PROCESS that is experienced

one day at a time'

~ Angels at my Door



'There are no goodbyes for us ~

Wherever you are, you will

ALWAYS be in our hearts'

~ Mahatma Gandhi

My Personal Experience ~

After the sudden death of our daughter, Kristen, in 1985, I was unable to find someone that was not only trained in the area of grief, but was also a bereaved parent and someone I could talk with one-on-one that truly understood what I was going through.

Fortunately, my husband, Dan, and I found a supportive chapter of The Compassionate Friends in Champaign, IL for group support, but I was unsuccessful in finding more personal one-on-one support.

I felt compelled to do something so others wouldn't feel as alone as I did, but I wasn't sure what that 'something' was. Then in 1991, I made the decision to pursue a Masters in Counseling to learn more on being with and facilitating the grief process of Individuals and Families who had experienced the illness and/or death of a child or other loved ones.

Also in 1991, Dan and I founded a national Support Group in memory of Kristen to network other Families living with a rare metabolic disorder and often the death of a child as well. After completing my graduate degree in 1993, I felt comfortable **expanding our Mission to support local bereaved adults living with the illness and/or death of a child or other loved ones from any cause**.



I strongly believe my professional graduate training and my personal experience with a child's death, some miscarriages, a surviving child's chronic rare disorder, a father's death at a very young age, and the death of many other family members and friends, as well as other types of loss, have helped me in my own grief journey and in assisting others find their way along their own challenging road.