

Grief Counseling & Coaching

Grief Counseling & Spiritual Life Coaching

Ph: 601.324.0227 or 985.285.8712

Email: griefcc25@outlook.com

Website: <https://griefcc.org>

Find us on: [Facebook](#)~[Google](#)~[Yelp](#)
[WhatsApp](#)~[Bookedin](#)

Grief Counseling:



Community Group Event: Where community members/students connect and heal in a safe space. They also share stories and memories of their loved ones and participate in the following group activities:

- **Grief Questionnaire & Fact Sheets**
- My Story
- Goodbye Letter
- My Grief Action Plan
- Journal Therapy

Review Resources, Reflect & Provide Contact Information for Follow-up

Sessions Availability:

Tuesdays and Thursdays from 10:00 a.m. - 6:00 p.m. via phone or Zoom teleconference (text/call or book us through our website) and by appointments for **Community Group Events** with your church, city hall, school or college campus. Contact Daphnie Boudy for questions and/or volunteer opportunities.

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Grief Counseling - Individual Sessions:

4 Weeks of 4: 30 minute Counseling Sessions (2 hours total)



- In-person/Phone Consultation Intake
- Review Intake & Resources (**1st Session**)
- **Grief Questionnaire & Fact Sheets**
- My Story
- Goodbye Letter
- My Grief Action Plan
- Journal Therapy
- Fundamental & Open-Ended Questions

Review Resources, Reflect & Provide Contact Info for Follow-up (**4th Session**)

Sessions Availability:

Tuesdays and Thursdays from 10:00 a.m. - 6:00 p.m. via phone or Zoom teleconference (text/call or book us through our website) and by appointments for **Community Group Events** with your church, city hall, school or college campus. Contact Daphnie Boudy for questions and/or volunteer opportunities.

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Payments, Fees & Costs:

4 Weeks of 4: 30 minute Grief/Career Counseling Sessions (2 hrs) = \$0.00

6 Weeks of 6: 30 minute Marriage Counseling Sessions (3 hrs) = \$0.00

Optional Gifts Accepted, Pay What You Can Afford or Treat Your Counselor To

Lunch via CashApp: [\\$griefcc](#) or Paypal: [GriefCC PayPal](#)

PayPal: <https://www.paypal.com/ncp/payment/ML9J3J9XDVG DY>

Each Client will Receive:

1. In-Person Consultation & Intake
2. Counseling & Coaching List of Emergency Resources with Active Links
3. **SMART Goals** (Specific, Measurable, Achievable, Relevant & Time-bound)
4. Gift Bag of Goodies & Journal Booklet with Pens/Pencils
5. Professional Profile with Biography on griefcc.org (Career Counseling)
6. Action Plans & Journal Therapy

Sessions Availability:

Tuesdays and Thursdays from 10:00 a.m. - 6:00 p.m. via phone or Zoom teleconference (text/call or book us through our website) and by appointments for **Community Group Events** with your hospital, church, city hall, school or college campus. Contact Daphnie Boudy for questions and/or volunteer opportunities.