



*“Where there is sorrow,  
there is holy ground.”  
-Oscar Wilde*

## DETAILS

18 yrs.+

Free for Danville  
residents.

6 sessions free for all  
others. \$40 a session  
thereafter.

Sliding scale financial  
assistance available

Email Gia @  
[giab@discoveryctr.net](mailto:giab@discoveryctr.net)  
or phone 925-837-0505  
ext. 307



## GRIEF TENDING GROUP

Thursday Evenings  
5:00-6:30pm

Discovery Counseling  
Center  
115A Town and Country Dr  
Danville CA

Facilitated by:  
Gia Bedell, AMFT





Our time together will include:

Authentic conversation and  
compassionate listening

Poetry

Grounding and gentle somatic  
movement practices  
A weekly discussion and  
exploration topic

Short writing prompts with  
invitation to share if desired

Offerings of ways to engage with  
grief outside of group between  
sessions

‘The Wild Edge of Sorrow’ by  
Francis Weller:

Highly recommended as a  
companion to this group work,  
not a requirement

We will be walking through the  
landscape of grief with the vision  
and offerings of Francis Weller

You are warmly invited to join us  
for a gathering of people co-  
creating a space where grief is  
welcomed and can move through,  
making room for profound  
compassion as it does.

Please come-as-you-are, with no  
pressure as to how you express  
grief or not. Grief does not show  
up on demand. You may weep, you  
may be a quiet witness to others,  
you may be numb, you may be full  
of outrage, you may be surprised.

However you come, your presence  
is valued and will be met with  
respect and never with unsolicited  
advice. All that is required is your  
humanity and your willingness to  
be present and to bear witness  
with compassion. You are welcome  
just as you are.



**THE TRUTH IS THAT NONE OF US  
ESCAPE LIVING IN THIS WORLD  
WITHOUT EXPERIENCING GRIEF.**

**CREATING SPACES TO GRIEVE IN A  
CULTURE THAT IS LARGELY DEVOID  
OF PUBLIC GRIEVING IS NECESSARY  
IF WE ARE TO HEAL AND TRULY  
KNOW OUR CAPACITY TO LOVE  
WITHIN THE REALITY OF LOSS.**

**ONE OF THE MOST COMMONLY  
REPORTED FEELINGS OF THOSE  
GRIEVING IS A FEELING OF  
LONELINESS. FEELING SUCH AN  
IMMENSE WEIGHT OF SADNESS HAS  
AN ISOLATING EFFECT ON  
INDIVIDUALS.**

**WHEN WE PROCESS OUR GRIEF, WE  
OFTEN BECOME HEALTHIER AND  
MORE RESILIENT VERSIONS OF  
OURSELVES.**

**FINDING A COMMUNITY TO  
SUPPORT YOU IN THIS WORK IS  
ESSENTIAL TO CULTIVATING THE  
CAPACITY TO KEEP OUR HEARTS  
OPEN AND PERMEABLE TO BEAUTY  
AND RESILIENT TO DESPAIR.**

**THROUGH GRIEF WE ARE ALL ON  
COMMON GROUND AND CAN  
ENGAGE WITH THE UNIVERSALITY  
OF OUR HUMAN EXPERIENCE.**