

Living With Loss

An In-Person Grief Process Group for Adults

*A place to bring your grief
and feel less alone.*

The death of someone important can change your relationships, routines, and sense of who you are. You may find yourself carrying feelings that are difficult to explain, or wondering where you can speak openly without being expected to feel better.

This small, therapist-led group offers space to share, listen, remember, and connect with others navigating life after loss.

Together, we'll make room for:

- Sadness, anger, guilt, numbness, and mixed emotions
- Changes in identity, relationships, and everyday life
- Expressing your needs and receiving support
- Remembering the person who died
- Moments of connection, relief, and joy alongside grief

You don't need the right words, and there is no required timeline for grieving.

Location:

Westlake Village

Meetings:

Mondays @ 7pm [90 min]

Beginning:

January 11, 2027

Fee:

\$60 per group session



Interested?

Contact hello@brandilozano.com to arrange a brief screening conversation and explore whether this group is a good fit.



Facilitated by Brandi Lozano, M.A., AMFT, SEP

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Employed by Westlake Counseling Institute, Inc.

Supervised by Dr. Patrick Lockwood, PsyD, Licensed Psychologist #29866