

GRIEF counselling



**Help and counselling for children,
adolescents and their families**

When grieving children and their families experience a loss, their inner balance is torn.

**THEY ARE IN A STATE OF EMERGENCY:
they are grieving.**

Grief, however, is often misunderstood. It is not an illness, nor a condition that should be pushed away or be “repaired” quickly, but a healing process that wants to be consciously lived, experienced and felt. Grieving is about a path, a stage that needs to be walked even if it often feels difficult, dark and frightening at the beginning.

And it is precisely here that I would like to accompany you a little: on the path through the darkness into the twilight, back to life and the joy of living.

Or as Khalil Gibran would put it:

***“Only through the path of night
can one reach the dawn.”***

My concept focuses mainly on the conscious perception and promotion of the individual ability to grieve and the creation of healing relationships, rituals and conversations, knowing full well that the grief of children and young people is expressed very differently from the grief of adults.

Therefore, I/we (at Erasmy) offer you the possibility of professional help and support:

Every Thursday and Friday afternoon, you have the possibility to book appointments in grief counselling, which is a competent therapy and support adapted to the individual person and their needs.



KRISTYANN KOSTER

Grief counselor

Location

ERASMY POMPES FUNÈBRES
21, rue des Peupliers
L-2328 Luxembourg-Hamm

Duration of the session

1 - 1.5 hours over a period of several weeks (or months)
depending on the needs of the bereaved person

Cost

90 euros/hour

Registration

691 297 767



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