

Relief4Grief

Services

Individual Sessions: 1 Hour - \$ 100 + HST
Couple Sessions: 1 Hour - \$ 185 + HST
Family Sessions: 1 Hour - \$ 250 + HST
Group Sessions: 1 Hour - \$ 575 + HST

Full Day Session: 6 Hours - \$ 1195 + HST

Introductory Training Session: 6-Sessions

Includes: Understanding the basics of grief & loss; Practical skills and strategies; Coaching for personal coping; Learning how to help self and others. **\$ 275 + HST (includes Certificate)**

Intermediary Training Sessions: 10 Weeks

Includes: College level exploration of specific areas of grief; Field trips; Transferable strategies and coping skills; Essential take-home material. **\$ 395 + HST (includes Certificate)**

Advanced Training Sessions: 10 Weeks

Includes: Comprehensive; In-depth probing; Activating support systems; Specialty Courses; Refined coaching for service providers; Healing Circles; Facilitator's Guide.

\$ 535 + HST (includes Certificate)

Group (minimum 10; maximum 25)

Classroom: Maximum 150

Lectures, Seminars & Retreat offered

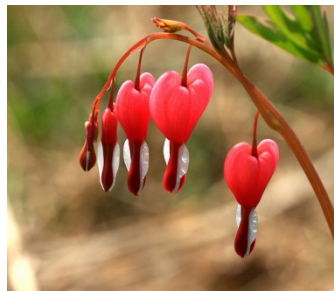
**ALL Services tailored to specific needs,
School, Universities, Churches & Audiences**

Rev. Sky Starr

*RMFT; M.Div., BRE., AEDP-1., CPC
Grief Therapist, Trauma Specialist, Educator,
Researcher, Author, Consultant*

Holds existing, good-standing Membership with the following:

- American Association for Marriage and Family Therapy (A.A.M.F.T)
- Ontario Association for Marriage and Family Therapy (O.A.M.F.T).
- Ontario Association of Consultants, Counsellors, Psychometrists, and Psychotherapists (OACPPP)
- Anchor Ministerial Fellowship - Certified Pastoral Counsellor (CPC)



Consultations & Bookings

Rev. Sky (Starr)

Phone: 647-724-5114

Email: skystarr@yahoo.ca

Site: www.Relief4Grief.com



**INDIVIDUAL & FAMILY
SEMINARS & LECTURES
GROUPS & WORKSHOPS
RETREAT & CLASSROOM**

www.relief4grief.ca



Relief4Grief

Services

The NEED for grief support and education has mushroomed in the past few years.

It is well established that the first signs of mental illness often appear in young children and youth. CAMH and other reputable researchers report that an estimated 60 per cent of Canadian youth are always in crisis.

Policy-makers are recognizing the HUGE effect that grief and loss has on our youth, families and communities.

On March 2, 2012 Phil Upshall, the National Executive Director of the Mood Disorders Society of Canada submitted a recommendation to the federal government. He stated that,

“PTSD (Post Traumatic Stress Disorder) exacts a terrible toll on thousands of Canadians, leaving many of them feeling hopeless and isolated from society and even their families.”

Relief4Grief is committed to delivering services that have been our insignia from inception. We function from the framework of “a holistic, trans-cultural philosophy” on the uniqueness of loss.

Our Approach: We take a “holistic” attitude to all methods of support, paying attention to the **mental, physical, emotional, intellectual, spiritual, interpersonal** and **societal aspects** of the human existence.



We provide compassionate, sensitive, inclusive grief services for **fresh, complicated** and **latent** grief to:

- Children, youth, students and individuals
- Families, groups, classes, churches
- Front line workers, social workers and professionals.

One-to-One:

- Individual, person to person service
- Families and extended families
- Couples & Spousal services

Groups: 5 & 8-week Sessions

Minimum 10 per group; Maximum 25

Certificate for 8-week sessions

Lectures:

University students; Nursing classes, Faculty, Professionals and Organizations

- 3-hour researched info and power point presentations.

Workshops:

- Catered for specific and general losses (infant, teen, suicide, subtle, hopes & dreams etc.)
- Tailored to specific demographic profiles.

Seminars:

We design and organize seminars and memorials with specific themes, tailored to specific needs and /or audiences.

Specialized Services:

- + Consultations for schools, universities, Groups, churches & professionals,
- + Planning and officiating at funerals
- + Arranging funerals, memorials and Celebration of life services
- + Response to crisis situations
- + Field Trips
- + Retreats
- + Presentations/training on an **Introductory, Intermediary & Advanced** levels.

Contact: Rev. Sky 647-724-5114

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