



**New Directions Counseling Services, LLC**  
***“Change Begins Here”***

**Now Offering:**

**Resolving Grief Therapy Group**  
**Thursdays from 7:00pm until 8:30pm**

**Typical Stages of Grieving:**

- **Shock & Denial**
- **Pain & Guilt**
- **Anger & Bargaining**
- **Depression & Loneliness**
- **Reconstruction, Acceptance & Hope**

**“Complicated grief” is characterized by one or more of the following:**

- **Overwhelming reactions that can have a debilitating effect**
- **Reactions that become chronic and persist for an elongated period of time**
- **Delayed reactions in which the person feels distraught and overwhelmed at a time well after the loss**
- **Masked reactions in which the person does not appear to have a significant emotional response but then often develops physical symptoms related to the impact of the loss**

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**Psychotherapy & Counseling**  
**Nutrition Therapy**  
**Career Coaching**

***Have you experienced a loss, recently or in the past, that you are struggling to come to terms with?***

***Are you interested in learning ways of coping more effectively with your pain?***

**We are now offering a bereavement group for individuals experiencing complicated grief reactions.**

**Our emphasis is on creating a safe and nurturing environment to guide you in healing from the pain of your loss.**

***We Can Help With Your Recovery and Healing.***

*Dr. Salvatore A. Palazzolo, Ph.D. facilitates our Resolving Grief Therapy Group. Dr. Palazzolo is a licensed psychologist with more than 15 years of experience providing individual and group therapy for adults encountering challenges with grief and loss.*

**To join the Resolving Grief Therapy Group,**  
**Please contact 724-934-3905 Ext. 11**

**For more information, please email Dr. Palazzolo at:**  
**SPalazzolo@NewDirectionsPgh.com**

*The fee for participating in the group is \$60 per session. We accept most health insurance plans.*