



What Is Grief?

Grief is a natural response to loss – any loss. The more significant the loss, the more intense the grief may be. Anger, sadness, hurt, guilt, disbelief, and fear are all very common emotions that accompany grief.

How Do I Know What Is “Normal” After a Death?

Grieving manifests itself in many ways. You might cry, you might feel angry or guilty, you might want to be alone, or you may even try to ignore the loss. There is no “normal” way to grieve.

When Should I See A Professional About My Grief?

There is no “right time” to seek out professional help and many people never need it. If you are feeling worse as time goes on or if you just think it might be good to talk to someone – a caring professional can help you decide what bereavement services would be best for you.



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Grief & Loss Counseling

Affordable Funerals & Cremations offers grief support for individuals and families at no additional charge.

Coping with Grief After a Loved One Dies

There are many different emotions after your loved one dies.

When a loved one dies, there are many tasks to complete, arrangements to make, and people to contact. You may find yourself surrounded by friends and family who offer support and condolences. Your grief may seem overwhelming but manageable.

It is often weeks or months after a loss that your grief begins to seem more intense or, perhaps, even unmanageable. In situations like these, **a grief counselor can help.**

A grief counselor can help you access programs, support groups, and counseling that will help you navigate your grief. With the help of a grief counselor, you and your family members can find your “new normal.”



We offer a variety of services that may help you and your family deal with your loss.

Support Groups:

These groups have a wide variety of topics that focus on loss and how to live with grief.

Individual Counseling:

Short term, one-on-one therapy with a licensed mental health counselor.

Consultation and Referral Services:

We can help you identify what programs and community resources might be most helpful for your unique situation



Support Group Schedule

Adult Support Group

Every 1st and 3rd Thursday
6:00 - 7:00 pm

Cottonwood Memorial Mortuary
4670 South Highland Drive
Millcreek, UT 84117

Adult Support Group

Every 2nd and 4th Wednesday
6:00 - 7:00 pm

Redwood Memorial Mortuary
6500 South Redwood Road
West Jordan, UT 84123

*Before attending, please call (801) 718-1520 and speak with our group facilitator.

Individual Counseling

For individual counseling, consultations, and referrals please call for an appointment.

Schedule an Appointment

(801) 718-1520