



MOVING THROUGH ANXIETY, GRIEF/LOSS AND BURNOUT



ANXIETY, BURNOUT AND GRIEF/LOSS AFFECTS US ALL:

The majority of people affected by anxiety or grief fall between the ages of 18- 45 years old (38%), followed by those older than 45 (32%) and then those under 18 years old (30%). These are conditions of being human. Shame and guilt are often associated with these feelings which only cause isolation and compounds the issues.

EDUCATION AND SERVICES:

- Understanding and recognizing the symptoms and how they manifest
- How to sort through what is actually happening
- New skills and tools to not only cope with but eliminate these feelings
- Show you new skills and tools
- Sort out and process what is happening
- Provide a safe confidential space to work through issues
- Teach you how to better solve problems
- Learn how to communicate with others and feel safe and confident in doing so.



Carol Pilkington, ORDM, Spiritual Teacher

Specializing in Anxiety, Grief/Loss,
Relationships and Transition
San Fernando Valley Chapter

With over 30 years combined training in spirituality, astrological counseling, personal development and deep transformational work, Carol assists with those who are living in a state of anxiety, depression and/or grief/loss, showing them how to move through and beyond it so they can live their own lives with more energy, presence and joy.

SENIOR SPECIALISTS GROUP: LINKING THE COMMUNITY TO THE NEEDS OF SENIORS

855.836.0807

The Senior Specialists Group (SSG) brings together quality experts at all levels of senior care. We offer a variety of services to the community and can customize educational presentations based on your needs and interests. Please contact SSG for more details and how we can help.

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