

# Our Mission

LOVS is dedicated to Lifting those in crisis, Offering comfort and care, Voicing advocacy for the unheard, and Serving with compassion. Through unwavering support and resources, we strive to bring hope and healing to individuals and families navigating grief, trauma, and hardship.



Healing Lives...One Heart at a time.

## Get in touch



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LOVS.Counseling



lovs-counseling



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# Symptoms of Grief

## **Shock/Numbness:**

Feeling of disbelief or not feeling at all.

## **Frustration:**

Not understanding what you are feeling and how to express them.

## **Anger/Rage:**

Often directed at the deceased or others.

## **Guilt:**

Due to the feeling that the survivor could not protect their loved one; the feelings of relief that they are no longer suffering or if the relationship was strained.

## **Regret:**

For time not spent together or things that will never be shared.

## **Denial:**

Denying that the loved one is gone; refusing to let go; referring to them in the present tense.

## **Panic/Nervousness:**

Anxiety: feelings of abandonment; worry over how personal needs will be met.

## **Fear:**

Of dying; being more in touch with mortality; of losing other people; of darkness.

## **Depression:**

Feelings of intense sadness, hopelessness, and lack of desire to do things; not wanting to live any longer.

## **Isolation:**

Withdrawing from other people; wanting to be alone; being apathetic toward involvement in activities.

## **Emotional Distress:**

Shown through physical ailments such as: headaches, nausea, dizziness, loss of appetite, shortness of breath, changes in sleep patterns, tightness of breath, loss of concentration and constant fatigue.

# Why We Do What We Do?

When loss and trauma strike, the pain doesn't end with the moment—it lingers in the lives of those left behind. The child who loses a parent. The sibling grieving a brother or sister. The families who wake up each day with someone missing. These moments of heartbreak often unfold in silence, leaving co-victims to carry their grief alone.

At **LOVS**, we are here to surround that silence with care, connection, and comfort. We know that trauma can leave deep emotional wounds, and the weight of grief can feel overwhelming. That's why our mission is rooted in restoring hope and guiding individuals toward healing—no matter where they are on their journey.

Our work is grounded in the meaning behind our name:

- L – Lift:** Supporting others in their time of need
- O – Offer:** Extending help, kindness, and comfort
- V – Voice:** Advocating for those who are hurting
- S – Serve:** Providing care, support, and healing

Through ***grief support groups, individual therapy, grief coaching, and creative expression like art therapy***, we provide safe and welcoming spaces for people to process their pain, tell their stories, and rediscover their strength.

Our services are made possible through the compassion of licensed professionals, peer counselors, advocates, and outreach specialists who give generously of their time and hearts.

We understand that healing takes time. And we believe no one should have to do it alone.

Let us walk beside you—to release the pain, to honor your story, and to help you find peace, strength, and love once again.

*At **LOVS**, you are lifted, supported, and never alone.*

# Services



## **Grief Support Groups**

Group counseling is a very effective way to address specific concerns in a supportive setting. LOVS offers a grief support group for people who have lost loved ones to acts of violence.



## **Individual Therapy**

Individualized concerns related to grief or loss of a loved one are addressed in a comfortable therapeutic setting. Individual therapy provides a more private and personal setting in which to process grief.



## **Grief Coaching**

LOVS offers anger management classes for individuals looking for alternative ways to deal with their anger. LOVS accepts private clients, as well as clients referred through the court system.

## **Comfort Reading**

“Healing After Loss: Daily Meditations for Working Through Grief”

by *Martha Whitmore Hickman*

“Surviving: A Guide for Victims, Families, Friends and Professionals”

by *Allison Brittsan and Clarene Shelley*