TRANSFORMING GRIEF & LOSS

Strategies to Heal the Past, Change the Present and Transform the Future

If you are an older adult experiencing a loss in your life, you may feel alone. You may find yourself on a rollercoaster of emotions, experiencing pain, anger, fear, anxiety or hopelessness. You are grieving... Your life has changed because when there is a loss, there is always change. Still, inside of you, there are powerful resources that can help you transform that loss.

If you lost a loved one, you can change your suffering into honoring.
If you are facing a divorce, you can change your pain into empowerment.
If you lost your job, you can change your frustration into success.

This powerful seminar has helped thousands of people transform their loss and transform their lives. It offers a step by step program that helps you embrace life after a loss.

Ligia Houben, grief expert, will demonstrate tools that can help you find meaning, achieve breakthroughs, and build the life you want on the other side of loss or transition. She will show you a roadmap that can help you find peace, healing and recovery. Ligia has put her life’s work into developing the 11 Principles of Transformation®, which is a unique system that will help you bounce back after a loss.

SIGN UP FOR THIS TRANSFORMATIONAL SEMINAR!

WHEN: Every Saturday, April 6– June 29, 2:00pm-3:30pm
WHERE: 7600 block of SW 57th Ave. (full information provided at registration)
COST: Free

Through generous grant sponsorship, we can offer this seminar at no cost (normally $397/participant).

Seminar participation is limited to 15 older adults. We ask that you commit to all 12 weeks. No session is scheduled on May 25.

Registration is required. Call: 305-666-9942/305-299-5370
Or Eventbrite: https://transforming-grief-and-loss.eventbrite.com

The Alliance for Aging offers a variety of programs and services that enhance the quality of life for residents of Miami-Dade and Monroe Counties. We advocate, plan, coordinate, develop and deliver services for adults aged 60+, adults aged 18+ with disabilities, and family caregivers.

www.allianceforaging.org

Ligia M. Houben, MA, FT, FAAGC, CPC, CHT, is the founder of My Meaningful Life, LLC and executive director of The Center for Transforming Lives in Miami, FL where she consults with individuals and families; offers coaching/support groups and workshops. A whole-hearted speaker in the field of grief & loss, Ligia has reached many people with her messages about transformation, meaning, and personal growth. She is a Fellow in Thanatology: Death, Dying, and Bereavement and a Fellow of the American Academy of Grief Counseling. She holds a BA in Psychology and Religious Studies from the University of Miami, MA in Religious Studies and Graduate Certificates in Multidisciplinary Gerontology from Florida International University and in Loss and Healing from St. Thomas University.

A pioneer in working with Hispanics and grief, she authored the book Counseling Hispanics through Loss, Grief, and Bereavement: A Guide to Mental Health Professionals, which has been widely embraced as a helping manual in clinical settings, hospitals, and individuals.