FOR ADULTS IN WASHINGTON

SEEDS OF CHANGE

LIFE TRANSITIONS AND LOSS GROUP

KRISTI LYN REDDY, LMHCA
THOMAS MATYSIK
(GRADUATE CLINICAL INTERN)

FACILITATED UNDER THE SUPERVISION OF LICENSED CLINICIANS

NAVIGATING LIFE CHANGES, LOSS, AND REDEFINING SELF

Honoring who you've been, embracing who you're becoming.

"Who am I when life no longer looks the way I expected?"

A supportive therapy group with a compassionate space to process change, explore who you're becoming, connect with others facing similar changes, and find new meaning and direction.



LIFE CHANGES WE EXPLORE:

- Career changes, layoffs, job loss, or retirement
- Divorce, separation, or relationship changes
- Empty nest adjustments
- New parenthood
- Caregiver role changes
- Aging and life-stage changes
- Grief and loss
- Chronic illness or health changes
- Changes in physical abilities or independence

THIS GROUP MAY BE HELPFUL IF YOU...

- Feel unsure about who you are after a significant life change
- Are grieving the loss of a role, relationship, or stage of life
- Struggle with self-worth after retirement, divorce, or career changes
- Feel disconnected from your sense of purpose
- Want support while navigating uncertainty and transition

COST

INSURANCE ACCEPTED.
SELF-PAY OPTIONS AVAILABLE.

START DATE

DECEMBER 3 2026

IN PERSON · HOSTED BY BALANCED LIVING THERAPY LLC

THURSDAYS · JOIN ANY WEEK

12 TO 1:30 PM

TO SIGN UP: Talk with your therapist or call/email our front desk at 425-977-4988 or **frontdesk@balancedlivingtherapy.com**

www.balancedlivingtherapy.com