



# YOU HAVE REALIZED YOU ARE GOING TO DIE EVENTUALLY... NOW WHAT?

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Explore the following topics in a small therapeutic group setting led by an existential therapist:

- Meaning of Death
- Death Anxiety
- Living in a society that denies mortality
- Living Anyways
- Aging

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*“OUR EXISTENCE IS FOREVER SHADOWED BY THE KNOWLEDGE THAT WE WILL GROW, BLOSSOM, AND, INEVITABLY, DIMINISH AND DIE.” - YALOM*

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**Group meetings will be:**

Wednesdays, 6:00 pm - 7:30pm  
March 10th - May 26th  
Bridge City Counseling Offices  
712 SE Hawthorne Blvd  
Portland, OR 97214

**Group will be led by:**

Justin Rock  
Masters in Marriage & Family  
Therapy  
503.928.4258

Call for your free phone consultation to see if this group is right for you.

Group cost: \$200  
(includes all 12 sessions)