

GRIEF, LOSS & CAREGIVING

Support when life is not the same as it was before.

Grief is not limited to death. We can grieve a person, a relationship, our health, a career, our independence, a familiar role, an expected future, or the life we thought we would have.

Individual Support

Caregiving can bring its own complicated combination of love, responsibility, exhaustion, worry, grief, and uncertainty.

This work offers a confidential, compassionate place to talk honestly about what has changed and what life looks like now. The goal is not to rush grief, “fix” it, or move through a prescribed set of stages. It is to help you understand your experience, identify what you need, make decisions when necessary, and gradually build a life that can hold both the loss and what comes next.

Areas of support

- Bereavement after a death
- Anticipatory grief
- Caregiving transitions and caregiver strain
- Loss associated with illness, aging, or reduced independence
- Retirement, career, relationship, and identity-related loss
- Changing family roles
- Life after caregiving
- Rebuilding routines and connection
- Rediscovering purpose
- Making consequential decisions while grieving

Workshop Menu

GRIEF IS MORE THAN BEREAVEMENT

A broader look at grief and the losses that accompany changes in health, work, relationships, identity, independence, caregiving, and expected futures.

CAREGIVING CHANGES EVERYONE

The emotional and practical realities of caregiving, including role change, boundaries, anticipatory grief, decision-making, and caring for the caregiver.

WHAT COMES AFTER CAREGIVING?

For people whose caregiving role has ended: rebuilding routines, reconnecting with self and others, and considering purpose in the next chapter.

MAKING DECISIONS WHILE GRIEVING

How to slow high-impact decisions down, distinguish urgent choices from those that can wait, clarify priorities, and ask for the information and support you need.

Who This May Be Right For

Adults who want thoughtful, practical support and a place to be heard—particularly when grief overlaps with caregiving, health decisions, family responsibilities, identity, or another major transition.

Suggested Formats

- Individual 60-minute sessions
- Short-term 3-session focused engagement
- Caregiver/family conversation when appropriate
- 60–90 minute community or organizational workshop
- Customized program for healthcare, nonprofit, faith-neutral community, or professional audiences

Formats & Fees

Offering	Format	Fees
Individual coaching/support	60-minute session or 3-session engagement	Discuss during introductory call
Family decision conversation	75–90 minutes when appropriate	Custom quote
Workshop / organization	60–90 minutes; half-day option	Custom quote

Fees and format are discussed during the complimentary introductory conversation.

Professional Scope & Referral

Today Transitions provides coaching and grief-support services. Susan is a Certified Grief Counselor, professional coach, registered nurse, and patient advocate. This work is supportive and educational and is not psychotherapy or psychiatric treatment.

When a client's needs require psychotherapy, psychiatric treatment, medical diagnosis or treatment, legal advice, financial advice, or crisis services, Today Transitions will encourage the client to work with the appropriate licensed or qualified professional.

Grief Doesn't Wait

Grief doesn't follow a timetable. Our work won't either.

A conversation is a good place to start. Request a complimentary 20–30 minute introductory Zoom conversation.