

Additional Services:

- Dual Diagnosis
- Drug Screening
- Psychiatric Referrals
- Psychological Evaluations
- Individual Therapy
- Family Therapy
- Group Therapy
- Temporary Shelter Placements
- In- Patient Treatment Placements
- Parenting Resources



G.U.T.S. Counseling Services

Girls/ Guys United Together for Strength, Inc. (G.U.T.S.) has been working with children, tweens, and teens and their families in Orange County for over fifteen years.

Our mission is to provide individual, family and group therapy to help today's youth learn necessary life skills for success.

Please contact our office for additional information or visit our website: GUTSOC.com

GUTS Program
Presents:

Healing after
Loss:
Helping
Children to
Cope and
Thrive

Girls/ Guys United Together
for Strength, Inc

GUTSOC.com

For Confidential Appointment:
(714) 730-0838

Modjeska Building

17332 Irvine Blvd., Ste 232
Tustin, CA 92780
(714) 730-0838



Recovering and Healing Losses

Loss for children can be direct or indirect, within a community or family, and can include death, divorce, suicide, severe illness or trauma like a car accident, witnessing a crime or a molestation. Children may experience grief due to a close friend moving or the loss of the family pet.

Children and teens need the adults in their life to educate them on healthy and effective strategies for coping with major life changes and skills to grieve.



“Positive Relationships and time can help your child through grief”



You and Your family have five imperatives in loss:

- 1) Don't allow anyone to become the forgotten mourner
- 2) Begin the task of understanding the details of the loss.
- 3) Grieve .
- 4) Begin to commemorate the life or person that was lost and recognize that you have survived.
- 5) You have a duty to go on and

THRIVE!!!!

For More Information:

(714) 730-0838

Types of Losses

- Sudden losses, such as death, suicide or homicide.
- Anticipatory losses like chronic illness.
- Nonovert losses like divorce, remarriage and blended families.

Our group aims to :

- 1) Validate each child's experience with loss.
- 2) Teach them to communicate with the one's that they love about their loss.
- 3) Access resources necessary to heal.
- 4) Navigate through the loneliness, confusion and devastating feelings of loss.
- 5) Ensure that child will be confident in their own ability to heal from this and future wounds.