



*Linda Coughlin Brooks*  
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*Carie Ann Coughlin*  
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*The Journey through Grief  
is long and arduous,  
one we cannot travel alone.*

*May you find someone to walk  
with you as you transform your life  
from the pit of despair to new  
Hope, Meaning and Purpose.*

*“Walking with a friend in the  
darkness is better than  
walking alone in the light.”*

*Helene Keller*



**THE GRIEF JOURNEY**

**Linda Coughlin Brooks RN BSN CT**

**Certified Thanatologist**

**720-560-0940 [lcoughlin@griefandgrowth.com](mailto:lcoughlin@griefandgrowth.com)**