




The Living with Loss Group



This is a small online group that will provide grief care for people who have experienced loss recently or long ago, such as the bereavement of a loved one, a pet, or the loss of potential life experiences. In a safe and secure environment, members can share their stories of loss, as well as the ways in which they find meaning and even joy in life.

Schedule and format: Semi-closed group, maximum number of participants is 8. We will meet twice a month on the first and third Fridays from 7:30 to 8:50 pm on Zoom. Face-to-face meetings can be arranged on an irregular basis upon discussion with members. The first session will be February 2nd, 2024.

Language: The main language will be English, but the facilitator, Dr. Lorinda Kiyama, also speaks Japanese.

Fee: 3,500 yen (plus tax) per session, or discount 3-ticket pack of 10000 yen for 3 sessions. Discounts available for students and minors; please contact us for details.

Location: @ BONDS Tokyo Counseling Services 2-30-21-202 Daizawa, Setagaya-ku, Tokyo
(2F of a building , 5 minutes on foot from Shimokitazawa Station)

Pre-interview: Prior to the first session, you will get a free 10-minute pre-interview with Dr. Lorinda online. This is to understand where you are and to see if this group matches your goals. Please register at least one week before each session. You are welcome to join the group starting at any time in the year.

Registration: info@tokyocounseling.com
03-5431-3096 (Mon, Tue, Thu, Fri, Sat 11 am-5 pm)

BONDS is a service organization directed by Asami Maekawa, with domestic and international counselors providing individual and couples counseling, individual and group supervision, etc. It has been in operation since July 2022.

