

# Welcome to the Elysium Centre

## Emergency Services for the Community

At the Elysium Centre, we believe no one should have to face life's challenges alone. Our community is our heart, and we are here to walk beside you during times of grief, loss, and crisis—offering a place of understanding, compassion, and hope.

In the wake of recent tragedies like the **Palisades and Eaton Fires**, many in our community are grappling with overwhelming loss, fear, and uncertainty. Whether you've experienced the loss of a home, cherished memories, or the sense of security, these moments can leave you feeling lonely, anxious, or disconnected. For some, the burden may lead to trauma, PTSD, or complicated grief.

You don't have to face this journey in isolation.

### Ways We Can Support You!

Our **FREE Grief and Loss Support Groups** are led by **licensed professionals**, including social workers, psychologists, and counselors with extensive experience in trauma and grief support. These dedicated experts ensure that every session provides a safe, compassionate, and effective space for healing.

We've designed our programs to meet the specific needs of children and adolescents, families, and adults, ensuring everyone can find the support they deserve.

#### For Adolescents

Children and teens process grief and trauma differently than adults. They may feel confusion, fear, sadness, or even anger but struggle to express these emotions.

Our programs are designed to help them:

- Navigate big emotions in a safe and supportive environment
- Rebuild their sense of security and connection
- Develop tools for expressing their feelings

##### Session Times for Children and Adolescents

- **Fridays:** 6:00 PM - 7:00 PM
- **Saturdays:** 12:00 PM - 2:00 PM
  - (Families included)

#### For Families

Grief and trauma often impact the entire family. Our family sessions provide a space to heal together, strengthen bonds, and learn how to support one another through challenging times.

We focus on:

- Improving communication and emotional understanding
- Creating a shared path toward healing
- Building resilience as a family unit

##### Session Times for Families

- **Saturdays:** 12:00 PM - 2:00 PM

#### For Adults

Adults often carry the weight of responsibilities and emotions that can feel overwhelming. Feelings of loneliness, isolation, fear, or numbness may take hold, making it difficult to cope.

Our adult-focused sessions offer a compassionate space to:

- Process complex emotions like anxiety, sadness, or guilt
- Share experiences and feel less alone
- Build coping strategies and resilience

##### Session Times for Adults

- **Mondays:** 6:00 PM - 7:00 PM
- **Wednesdays:** 6:00 PM - 7:00 PM
- **Saturdays:** 2:00 PM - 4:00 PM

### Additional Resources & Services

Beyond our support groups, we are here to meet your unique needs. Our services include:

- Counseling referrals for individuals and families
- Temporary housing assistance for those displaced by the fires
- A safe and supportive space to feel heard and understood

### You're Not Alone

You don't have to navigate this journey by yourself. Whether you are facing grief, trauma, or the challenges of feeling isolated, the Elysium Centre is here to provide strength, healing, and hope.

To learn more or to join a session, please contact Dr. Thuy directly by texting **310-478-5433** or emailing us at

**ElysiumCentreCares@gmail.com**

Together, with the guidance of caring, licensed professionals, we can face these moments and find a way forward.