



Lisa K. Boehm

Grief Expert, Author & Podcaster

Lisa Boehm is a certified grief educator and the author of *Journey to HEALING: A Mother's Guide to Navigating Child Loss*. As the host of *The Angel Moms Podcast*, she supports bereaved parents while sharing her own journey after losing her daughter, Katie, in 2015. Lisa's mission is to create a safe space for open discussions about grief, helping those who are grieving feel understood and empowered to take the next step.

AS SEEN IN



STILL STANDING
MAGAZINE

Topics

- ✓ Learning to carry grief in one hand and joy in the other.
- ✓ The 4 pillars of coping with grief.
- ✓ How to best support a loved one who is grieving.

Questions

- What was your biggest ah-ha moment in grief?
- What are the common misconceptions people have about grief?
- How do we allow moments of joy without feeling guilty when we are grieving?
- What are the 4 pillars of coping and healing?
- What are some Do's and Don't of grief support?

Get in Touch!

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