

Skilled and supportive sailing through grief, loss, and end-of-life waters



INVICTUS BY GENNA
GRIEF & LOSS SERVICES

Grief Peer Support Services: Counseling & Coaching

Serving New Mexico and virtual clients



Hi, my name is Genna Reeves, Ph.D.



I will be your First Mate on the grief journey.



WHAT IS GRIEF PEER SUPPORT?

- Working with someone who has experienced grief themselves and is trained to create a brave space to help and provide education to others who are going through grief and loss - any type of grief and loss, not just a death loss (e.g. job loss, family estrangement, divorce, etc.).
- Talking about feelings related to grief and doing activities that help with healing.
- Identifying and connecting to resources.
- Sharing stories, creating rituals, and identifying self-care routines/plans.
- Learning to live a meaningful life again.

**Note: Individual grief peer support is NOT a replacement for professional help for mental or medical concerns. It's not meant to diagnose, treat, or cure any condition. See next page for more information about the difference between clinical grief support and peer grief support.*

GENNA'S ROLE AS A GRIEF PEER SUPPORT COUNSELOR/COACH

Genna began processing loss and grief early in life, experiencing her first death loss in elementary school. In the early 2000s, she co-founded the Los Alamos, NM chapter of the Yellow Ribbon Suicide Prevention and Awareness organization and later served as its President after the suicide death of a friend. Her professional background includes work as a social sciences university educator and researcher and as a caregiver for young adults with developmental/intellectual disabilities. Genna became an INELDA-trained death doula in 2022, a Certified Grief Educator through David Kessler in 2023, and a Certified Provider of grief support through specialized training with renowned grief therapist and author Claire Bidwell Smith's Grief and Loss Comprehensive Program in 2025. Today, she offers support through her business, Invictus by Genna: Grief & Loss Services, and serves as the New Mexico Community Liaison for HeartLight Center (a grief support and education nonprofit), as well as the Chair of the Grief Networking Alliance of New Mexico.

Genna has personal experience with many types of loss, including career transitions, divorce and conscious uncoupling, infertility, estrangement, chronic health challenges, medical trauma, early menopause, the loss of family traditions, and the end of meaningful relationships. Through her training and own lived experiences, Genna has learned that grief is not something to be fixed. It is a natural, personal process with no set timeline. Each person knows their own life best, and she helps clients explore their grief and discover ways to honor it. Genna is here to be your "first mate," creating a brave space to talk, set goals, and share ideas for healing. *Please note: Genna is not a licensed mental health or medical professional and does not diagnose, treat, or cure any mental health or medical conditions.*

Services

1:1 Sessions

Couples Sessions

Group Sessions

Support Groups

Workshops & Webinars

Community Education

The Peer Grief Support Experience



Talk with Genna via the HIPPA-compliant telehealth platform, *Healthie* or in person.



Session length: Typically 1 hour. Can be negotiated based on style of session.



Payment: Pay-as-you-go options and packages available. Not covered by insurance. Inquire about sliding scale.



Set goals, talk, and/or engage in agreed-upon activities like art and writing, to process and explore your grief.

DIFFERENCE BETWEEN CLINICAL AND PEER GRIEF SUPPORT

Clinical grief support involves talking to a professionally licensed mental health professional (also known as a therapist, counselor, or psychologist) who is trained to help with grief and underlying mental/emotional issues (e.g., depression, bipolar disorder, etc.). Some therapists specialize in grief, while others take a more generalized approach or have other specialties (marriage and family therapy, etc.). They're also a potentially good resource for people who are having a tough time with what is known as "acute grief" which makes it difficult to maintain daily functioning and routines. **Peer grief support** involves talking to someone who has experienced grief themselves and is trained to help others who are going through a similar loss. They provide emotional support, compassion, and practical guidance to help people cope with their grief and engage in the healing process. **It is possible to do both and benefit greatly**; it isn't required that you choose one or the other. It's important to assess which option is best for you.

READY TO BOOK A FREE 20-MINUTE DISCOVERY CALL OR SCHEDULE AN APPOINTMENT? HAVE QUESTIONS?

Email, call, or text:

invictusbygenna@outlook.com

505-226-2474

*Email and text are often easiest due to the nature of Genna's schedule

Please allow 20-30 minutes to complete intake paperwork during the account setup.

invictusbygenna@outlook.com

505-226-2474 (Call or Text)

invictusbygenna.com



@invictusbygenna

DISCLAIMER: Grief peer support is not intended to substitute professional medical/mental health advice, diagnosis, or treatment. Please speak with your healthcare providers if you have questions.

You will set up a quick and free *Healthie* account for our work together. Access the account setup link here:



-or- t.ly/Em3Ij

Invictus By Genna



Website

Services also include end-of-life planning, respite care, obituary and eulogy writing, funeral/celebration of life planning, community death education and training, legacy projects, and celebrant services.