



The Grief Recovery Method®

The Grief Recovery Method® Grief Support Group

The Action Program for Moving Beyond Death, Divorce, and Other Losses

Myths about grief:

- *Time heals all wounds*
- *Replace the loss*
- *Grieve alone*
- *Be strong for others*
- *Bury your feelings*

Your feelings are normal and natural. The problem is that we have been socialized to believe that these feelings are abnormal and unnatural.

Whether your loss is from:

- Death
- Divorce or end of a relationship
- Loss of a career
- Loss of trust
- Loss of faith
- Loss of safety
- Loss of health

THE 8-WEEK PROGRAM WILL BEGIN...

Tuesday, January 29, 2019 in Sandy

People say you have to let go and move on in your life, but they don't tell you what you need to do to accomplish that. The Grief Recovery Method® Support Group not only makes that possible, but provides partnerships and guidance to ensure that it happens.

**For further information or enroll in the group, call:
Julie Cluff • Certified Grief Recovery Specialist® •
832-515-4632**

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