

# Grief Recovery Outreach Program



## STARTS JANUARY 17, 2018

Grief can feel like getting hit by a tsunami. The feelings can overwhelm you in an instant. We can help you regain your footing and find **hope** again.

Go beyond telling the grief story.. find out how to free yourself of the regrets, guilt, resentments and anguish of grief to find new meaning and purpose in your life. Whether your loss happened long ago or recently, we can help give you the support and skills to deal with navigating the world again.

The cost of the 8-week program is \$270. Payment plans are available. Please don't let finances deter you from participating. This is not an occasional drop in group.

Our groups are structured meetings that build support, educate about grief and gives hope and skills for you to regain your footing after your world has been turned upside down.

When: Jan 17- March 7, 2018

Where: Edwards Interfaith Chapel

Time: 6pm-8pm

Call today to reserve your spot or to ask questions. **Celynn McClarrin, LSW**  
**celynninvail@gmail.com**

**970-376-8248**