

Grief Recovery Support Group



"I was able to express my feelings and complete unresolved matters in a way that allowed me to move on."

www.griefrecoverymethod.co.uk



STARTS JANUARY 15, 2020

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 your grief story. Find out how to free yourself of 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.

Your investment in this 8 week program is \$300. 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 again after your world has been turned upside down.

When: Jan. 15 - March 4, 2020

Where: Edwards Interfaith Chapel

Time: 6-8 pm

Call today to reserve your spot or ask questions.

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