

The Grief Recovery Method®: Grief Support Group

An 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 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

**This is an 8-WEEK PROGRAM beginning
Wednesday, March 6th at 3:00pm**

In the GOLDSTONE CAREGIVER CENTER at DANBURY HOSPITAL

People say you have to let go and move on in your life, but 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.

**To Register or for further information call or e-mail:
Chaplain Beryl Knudsen - Certified Grief Recovery Specialist®
Spiritual Care Department - 203-739-7135/**beryl.knudsen@nuvancehealth.org