

# **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®**

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