



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 ACTION-ORIENTED, RECOVERY PROGRAM WILL BEGIN
September 25, 2024 – November 13, 2024 (Wednesdays)
From 4:30 pm to 6:30 pm
TVUC 1st Floor Conference Room (Thwing Center on 10/16)

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® Outreach Program not only makes that possible but provides partnerships and guidance to ensure that it happens.

For further information contact

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