



The Grief Recovery Method® *8-Week Grief Support Program*

The Action Program for Moving Beyond Death, Divorce, and Other Losses

Have you ever heard any of these myths about Grief?

"Time heals all wounds! Just give it some time."

Replace the loss - "You can always get another one!"

You should Grieve alone - "Can you keep your negativity to yourself?"

You have to be strong for others - "Your family needs you to be strong right now."

Bury your feelings - "You won't have time to be sad if you keep busy!"

Unfortunately, these myths are normalized by our society, and are extremely harmful. Your feelings are normal and natural, and deserve a space to be felt fully and completely. The problem is that we have been socialized to believe that these feelings are abnormal and unnatural, and should be hidden away or quieted.

Loss can be experienced in a number of situations:

- *Death of a Loved One or Pet*
- *Divorce, or End of a Relationship*
- *Change in Identity*
- *Loss of a Career, or a Change in Job*
- *Loss of Trust, Comfort, or Security*
- *Graduation or Change in Education*
- *Moving Away, or towards Something New*
- *Loss of Safety, Literal or Perceived*
- *Loss or Change in Health Status*
- *Loss or Change in Faith or Community*
- *Loss of Opportunity or Ability*
- *... and So Many More.*

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.

This 8-Week Program will take place on Tuesday evenings from 6:30pm-8:30pm beginning September 9. The program is being offered in conjunction with Beloved UMC & Trinity Lutheran churches, and will be held at 311 E. 6th St. Marysville, OH 43040

The cost for this program is a flat rate of **\$80** which includes a copy of the Grief Recovery Handbook and course materials. If finances are a concern, partial scholarships may be available upon request. **To register, please follow the QR code or send an email to the GRM specialist listed below.**



For additional information, please contact:

Stefanie Hall, AGRMS® • 614.554.2114 • stefanielyn1986@gmail.com

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