



The Grief Recovery Method®

## The Grief Recovery Method® Grief Support Group

**The Action Program for Moving Beyond Death, Relationship Loss and Other Losses**

*If you are contemplating doing this Program, there is a high probability that your heart is broken.*

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
- Loss of a relationship
- Loss of a career
- Loss of trust
- Loss of faith
- Loss of safety
- Loss of health
- Other losses

7 Week Program

Tuesday 1<sup>st</sup> May – 12<sup>th</sup> June 2018 · 4.30 to 6.30 pm  
40A Mary St Highgate WA 6003  
(Parking Entrance off Harold Street)

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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