



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.*

When it comes to grief whether it be from death of a loved one or some other form of loss – relationship, career, trust, faith, safety, health - 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.

In our society today we often hear common myths about grief and loss such as:

- *Time heals all wounds*
- *Replace the loss*
- *Grieve alone*
- *Be strong for others*
- *Bury your feelings*

The Grief Recovery Method is an action plan whereby participants learn that grief is the normal and natural reaction to significant emotional loss. Participants will be provided with the opportunity to work in partnership, in an intimate and confidential environment, gain a genuine understanding of the grief and loss process. They will be equipped with the tools that will help them make good choices for healing and growth from past, present and future losses. Participants meet weekly over a 7 week period.

Tuesday 3 September – 15 October 2019 at 4.30pm to 6.30pm

Maximum 10 participants

Cost of Program - \$50 which includes the Grief Recovery Handbook

Written by John W James and Russell Friedman, Founders of the Grief Recovery Institute

40a Mary St Highgate WA 6003  
(Parking Entrance off Harold Street)

Please register by 23 August and for further information contact:

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