



The Grief Recovery Method®

The Grief Recovery Method® Outreach Program

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 PROGRAM - LIMIT 14 PARTICIPANTS

RSVP BY: OCTOBER 6

SUNDAY, OCTOBER 12-NOVEMBER 30, 2014

From 2:00-4:00 PM

LAKESIDE CONGREGATION, HIGHLAND PARK, IL

COST:\$30 (cover the cost of the book)

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 call:

Cantor Lynda Dresher • Certified Grief Recovery Specialist® • 847-209-1366

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