

The Grief Recovery Method®

Grief Support Group

You have probably heard others say time heals all wounds, replace the loss, be strong for others, or bury your feelings - but you won't hear that here.

<u>Join this action-based and practical program for moving through death, divorces, and other losses. What to expect:</u>

- **Closed group with maximum 9 people**
- **Stuctured way to process a loss without sharing the details**
- **People to listen to your feelings with no judgement and criticism**
- **Reduce unpleasant thoughts and feelings about a relationship that has unfinished business**
- **Learn skills to strengthen your current relationships**
- **Your own copy of The Grief Recovery Handbook by John W. James and Russell Friedman**
- **Reading and exercises between some groups**

<u>Click Here or Scan to Register:</u>

Weekly on Tuesdays at 7:30 PM to 9:00 PM MST
Starting January 12 to March 2, 2027 (Virtual)
Cost: $225 (includes the book)

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