



Youngstown
City Health Department

Youngstown City Health District



GRIEF RECOVERY METHOD SUPPORT GROUP

The Action Program for Moving Beyond Loss

TWO UPCOMING CLASSES STARTING SEPTEMBER 11TH

MYTHS ABOUT GRIEF:

- Time heals all wounds
- replace the loss
- Grieve alone
- Be strong for others
- Bury my feelings

GRIEF CAN BE CAUSED BY:

- Death
- Divorce or end of a relationship
- Loss of a career
- Loss of trust
- Loss of respect
- Loss of safety
- Loss of health

Alumni Grief

Recovery Class

*For individuals who have
previously completed
program*

Thursdays, starting
SEPTEMBER 11TH
9:30 AM - 11:30AM
Runs for 4 weeks

Grief Recovery

Class (Open to All)

For individuals
experiencing any kind of loss

Thursdays, starting
SEPTEMBER 11TH
1:30 PM - 3:30 PM
Runs for 8 weeks

For More Information

Theresa Sanchez

Certified Grief Recovery Specialist
330-742-8265 or 330-261-2281

932 Belmont Ave 4th Floor, Youngstown, Ohio 44504
Park behind the building in parking lot B parking passes
provided.