



The Grief Recovery Method®

Support Group

The Action Program for Moving Beyond Loss

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 respect
- Loss of safety
- Loss of health

ONLINE, ONE ON ONE, OR IN-PERSON 8-WEEK PROGRAM WILL BEGIN

Monday, January 12, 2026

5:30-7:30

2955 Canfield Rd

Youngstown, OH 44511

or

Thursday January 15, 2026

1:30- 3:30

932 Belmont Ave 4th Floor

Youngstown, OH 44503

ON BELMONT USE PARKING LOT B ENTER THROUGH BLUE DOOR AT THE BACK OF THE BUILDING TAKE THE ELEVATOR TO THE 4TH FLOOR 1ST DOOR ON THE RIGHT

People say you have to let go and move on in your life, but they do not tell you what you need to do to accomplish that. The Grief Recovery Method® Outreach Program not only makes that possible, but also provides partnerships and guidance to ensure that it happens.

For further information call:

Theresa Sanchez • Certified Grief Recovery Specialist® • 330-742-8265

Copyrights © / Trademarks (TM). ©1993-Present, Grief Recovery Institute®, John W. James, and Russell P. Friedman. All Grief Recovery Institute® related copyrights/trademarks are owned by The Grief Recovery Institute, John W. James, and Russell P. Friedman including but not limited to: The Grief Recovery Institute®, The Grief Recovery Method®, Certified Grief Recovery Specialist®, Grief Recovery®, and AARAM Formula®. All rights reserved.