



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

**THE 8-WEEK PROGRAM WILL BEGIN**

**Thursday, September 19, 2024 • From 1:30 pm to 3:30 pm**

**932 Belmont Ave.**

**(corner of Park Ave. and Belmont Ave.)**

**Youngstown, Ohio 44504**

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:**

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

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