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**The Grief Recovery Method**® **Adult Grief Support Group**

**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

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 also provides partnerships and guidance to ensure that it happens.

**8-WEEK PROGRAM OFFERINGS:**

**ROCK SPRINGS at White Mountain Library, Grace Gasson Room**

**2935 Sweetwater Drive**

**Wednesdays, February 6, 2019 to March 27, 2019**

**From 6:30 – 8:30 p.m.**

**GREEN RIVER @ Mansface Church, Fireside Room**

**350 Mansface**

**Thursdays, February 21 – April 11**

**From 4:00 – 6:00 p.m.**

**For further information or to RSVP, please call:**

**Hospice of Sweetwater County**

307-362-1990

**Certified Grief Recovery Specialist®**

Jenny Boteler - 317-508-6477

Brought to you by: