



The Grief Recovery Method

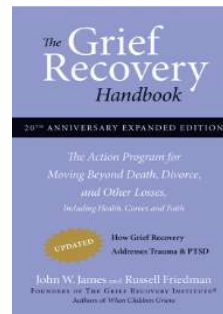
Would you like more joy in your life?

Did a death, divorce, or the end of a romantic relationship cause your joy to erode? Or was it caused by any of the forty other losses that a person might experience such as pet loss, reduction in mobility, retirement, estrangement, moving, or a change in finances? Regardless of the cause, you know how you feel, and it probably isn't good. We aren't going to tell you, "We know how you feel," because we don't. Nor does anyone else. What we will do is provide a safe environment where you will be given specific tools to help you recover from loss and ultimately lead a happier life. And it's an important, but unexpected life skill!

The Problem - Grief is the normal and natural emotional response to change or loss, but most of the information we've learned about dealing with loss is intellectual. Although our Grief Recovery Groups involve some educational elements, effective Grief Recovery must deal with your broken heart, which requires *emotional support instead of intellectual explanations*.

Myths about grief:

- *Time heals all wounds*
- *Replace the loss*
- *Grieve alone*
- *Be strong for others*
- *Bury your feelings*
- *Keep busy*



The Solution - People say you have to let go and move on in your life, but they don't tell you how. The Grief Recovery Method Group (www.griefrecoverymethod.com), has developed and refined processes over the past 30 years that teach you how to recover from loss with supportive guidance every step of the way.

- Our Grief Recovery Support Groups provide a safe environment for you to look at your old beliefs about dealing with loss, which losses have affected your life, and take actions that will lead you to complete unresolved emotions that may still be causing you pain.
- It's an action-based group that involves reading and writing assignments outlined in The Grief Recovery Handbook – 20th Anniversary Expanded Edition.
- It's not a drop-in group. There is an 8-week format, which builds from one week to the next.
- Each Grief Recovery Group is facilitated by one of our Certified Grief Recovery Specialists. Specialists come from all walks of life and professional backgrounds but have one thing in common: a desire to help people with their losses.

Who is it for? - Grief Recovery Method Support Groups are for anyone who has experienced *any kind* of loss.

When / Where can I find a session? – The next 8-week course starts on Thursday, January 22 at 2pm in a private home on the AG Mesa

What is the fee? – This course is offered on a donation basis (donations for supplies and Unity 5 Cities Church)

Who can I contact? - Amanda Sherlock M.A. / cell-text 650.279.1881 / 805amandasherlock@gmail.com