



# The Grief Recovery Method®

by The Grief Recovery Institute®

## 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.

**THE NEXT 8-WEEK PROGRAM WILL RUN:  
Thursday, September 20, 2018 to Thursday, November 8, 2018  
From 6:30 - 8:30 p.m.  
White Mountain Library  
Grace Gasson Room (Large Side)  
2935 Sweetwater Drive, Rock Springs**

**For further information or to RSVP, please call:  
Hospice of Sweetwater County  
Carrie Halter - 307-362-1990  
Certified Grief Recovery Specialist®  
Jenny Boteler - 317-508-6477**

***This workshop has been sponsored by Tim Savage***