



The Grief Recovery Method<sup>®</sup>

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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

**THE 7-WEEK PROGRAM WILL BEGIN  
TUESDAY, May 8, 2018 • From 7:00 - 8:30 pm  
Rochester Christian Church  
4435 Rochester Rd  
Rochester, MI 48306**

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<sup>®</sup> not only makes that possible, but provides partnerships and guidance to ensure that it happens.

**For further information call:**

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(248) 929-5354**

**[www.Stages-of-Grief-Recovery.com/recovery](http://www.Stages-of-Grief-Recovery.com/recovery)**