



The Grief Recovery Method[®]

The Grief Recovery Method[®]: Grief Support Group

An 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 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

This 8-WEEK PROGRAM meets

In the GOLDSTONE CAREGIVER CENTER at DANBURY HOSPITAL

Beginning Thursday, December 2nd, 1:00pm – 3:00 pm

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[®]: Grief Support Group not only makes that possible, but provides partnerships and guidance to ensure that it happens.

To Register or for further information call or e-mail:

Chaplain Beryl Knudsen ▪ Certified Grief Recovery Specialist[®]

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