



The Grief Recovery Method®

GRIEF SUPPORT GROUP

THE ACTION PROGRAM FOR MOVING BEYOND DEATH, DIVORCE AND OTHER LOSSES

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 provides partnerships and guidance to ensure that it happens.

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*

Grief Recovery Method 8-Week Program

WHEN: February 20-April 9
Thursdays, 4-6 p.m.

WHERE: 509 Richard Arrington Jr. Blvd. S
KCPD 509 (Kirklin Clinic Parking Deck)

WHO: Program is open to all UAB,
UAB Medicine, VIVA Health and
Homewood City School System
employees.

For more information call EACC Counselors
Khoi Bishop, LPC, and Dondra Goldsby, LMFT,
Certified Grief Recovery Specialists®
at 205-934-2281.