

# Grief ≤ Recovery<sup>®</sup>

## Outreach Program

One of the least acknowledged and  
least addressed concerns in our society today is

### GRIEF

The normal and natural reaction to loss --

Death of a loved one due to cancer, suicide, HIV/AIDS and other causes –

Divorce or end of a relationship -

Loss of career – Financial Insecurity - Loss of trust - Loss of dreams -

Loss of Addictions - Loss of security - Loss of health...

GRIEF will continue to affect our lives and the lives of those around us adversely

As long as we continue to accept the many MYTHS ABOUT GRIEF

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

As a result of participating in this program your life may become more enriched, more alive and more fulfilled than before. This program uses the format found in the Grief ≤ Recovery Handbook, developed by John W. James, founder of the Grief ≤ Recovery Institute and Russell Friedman, Executive Director. The program will be led by Lois Hall and Vicki Shepherd, Certified Grief ≤ Recovery<sup>®</sup> Specialists.

The 10– week program will be held

On Tuesday evenings, **September 4 through November 6, 2012**

from 7:00 – 9:00 PM

Church of the Messiah, **The Messiah Meeting House**

27 E Home St

Westerville, OH 43081

Cost is \$25 for the entire 10 – week series and includes all materials needed.

Scholarships available

For information regarding the program, call:

Lois Hall, 614-620-3664

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