



The Grief Recovery Method®

The Grief Recovery Method® 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

8-WEEK GRIEF SUPPORT WORKSHOP
Mondays, March 4 – April 29
1 to 3 PM

Pre-Registration is required

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. Cost -- \$40/person

For further information contact:

Rev. Colleen Ogle • Certified Grief Recovery Specialist®
614-424-6050; Ext. 101 or 614-774-0956 or colleen@kingave.org

Learn more about Grief Recovery Method and the Support workshop

Monday, February 18 at 7:00 pm

King Avenue United Methodist Church

299 King Avenue, Columbus 43201