



The Grief Recovery Method®

OUTREACH PROGRAM

One of the least acknowledged and least addressed concerns in our society is **GRIEF . . .** the normal and natural reaction to loss.

Whether your loss is from:

- Death of a loved one • Divorce or end of a relationship
- Loss of career • Loss of a substance dependency • Loss of trust
- Loss of dreams • Loss of security • Loss of health

Grief will continue to affect our lives and the lives of those around us adversely when we are forced to accept the many **MYTHS ABOUT GRIEF:**

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

The Outreach Program will guide those who wish to resolve their loss issues and move beyond their grief to a richer quality of life. As a result of participating in this Program your life may become more enriched, more alive and more fulfilled than ever before. This 12-week Program is conducted by a Certified Grief Recovery Specialist®. To find a Specialist in your area click on the Specialist Finder located on the Programs page.

The Program is affiliated with and endorsed by The Grief Recovery Institute. This format has been developed by Russell P. Friedman, Executive Director, and John W. James, Founder of the Grief Recovery Institute, and authors of *The Grief Recovery Handbook — The Action Program for Moving Beyond Death, Divorce and Other Losses*.