



The Grief Recovery Method®

## The Grief Recovery Method® Grief Support Group

The Action Program for Moving Beyond Death, Divorce, and Other Losses

Some Common Myths about Grief:

- *Time heals all wounds*
- *Just replace the loss*
- *You must 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, Loss of a Career, Loss of Trust, Loss of Faith,
- Loss of Safety, Loss of Health, Loss of Income, a Move

**OUR NEXT GROUP WILL MEET ON:**

**Tuesday Evenings, 6:00-8:00 PM beginning February 2**  
**Hayhurst Funeral Home \* 1660 S. Elm Place \* Broken Arrow**

People say you must 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 with other grievers and experienced guidance to ensure that it happens.

**For further information and to sign up, please call:**

**Gary White • Certified Grief Recovery Specialist® • 918.258.9623**

**or check out my website at:**

**[www.griefrecoverymethod.com/grms/gary-white](http://www.griefrecoverymethod.com/grms/gary-white)**

