



Grief Recovery Group

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

- Death
- Divorce or end of a relationship
- Loss of a career
- Loss of trust
- Loss of faith
- Loss of safety
- Loss of health

Myths about grief

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

This group is a structured program to teach you emotional skills to heal your heart and enhance your life if you are having trouble getting back to living fully after a loss.

8 WEEK GROUP

Wednesdays, May 15 – July 3, 2024

7:00 – 9:00

*First Presbyterian Church of Bordentown
420 Farnsworth Avenue, Bordentown, NJ
(FREE for church members)*

For further information call:

Caryl Tipton • Certified Advanced Grief Recovery Specialist®

609-631-7884 or go to www.safepassages.xyz

Individual sessions available as well