

HEALING THROUGH LOSS AND GRIEF

GRIEF GROUP

Marilyn Beckwith, Founder
www.lossandgrief.org

If you have experienced an emotional loss, current or past, whether caused by death, divorce, illness, vocation, disability, or other reason, this is an opportunity for you to meet with other grievers, both men and women, in a safe, caring and supportive environment. Our goal is to assist each other in the grief recovery journey. This is a structured process with weekly meetings and assignments, which provides an opportunity to take personal responsibility for your recovery.

WHEN: Thursday January 9, 2020
Thursday January 16, 2020

TIME: 6:00 p.m. to 8:00 p.m.

WHERE: FREED
435 Sutton Way
Grass Valley, California

DIRECTIONS: From Hwy 49, take the Brunswick Road exit east, turn right, then turn right on Sutton Way, 0.1 mile past Olympia Park Rd turn left into the parking lot for 435 Sutton Way. Same building as Sutton Cinema.

This group will meet for 14 consecutive **Thursdays**. The group will only be open for the first two weeks and then will be closed for those wishing to continue the process. The 20th Anniversary Expanded Edition of The Grief Recovery Handbook – The Action Program For Moving Beyond Death, Divorce, and Other Losses, which is available at local book stores and online, will be used as part of the process. If you plan to attend, please purchase the book and read the first five chapters only. **THIS IS NOT A THERAPY GROUP AND THERE IS NO CHARGE TO PARTICIPATE. DONATIONS, HOWEVER, ARE ACCEPTED.**

Note: In order to provide access to persons who are chemically sensitive, we request that you do not wear perfume or scented products to our meetings. Thank you.

For more information please visit www.lossandgrief.org

Another group will begin in August 2020.

This group is not associated with the Grief Recovery Institute
Please leave this flyer posted through Thursday January 16, 2020.