



The Grief Recovery Method®



Grief Support Group

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

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 provides partnerships and guidance to ensure that it happens.

This 8-week program will be in person at 155 N. Oakdale, Suite 200, Salina, KS 67401

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

Your feelings are normal and natural. The problem is that we have been socialized to believe that these feelings are abnormal and unnatural.

For further information contact:

REX CEARLEY, MS

Certified Grief Recovery Specialist®

CAPS Parent Educator Partner

Call 785.825.4493 or visit capsosalina.org

[REGISTER HERE](#)

**MONDAYS,
6:30-9:00pm**

**MAY 24;
JUNE 7, 14, 21 and 28;
JULY 5, 12 and 19**

MASKS REQUIRED



Grief Recovery Method Specialist

Certified by The Grief Recovery Institute