



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.

TUESDAYS,
6:30-8:30pm

June 7, 14, 21 & 28
July 5, 12, 19 & 26

Free childcare

REGISTER ONLINE AT
WWW.CAPSOFSALINA.ORG/PARENTING-CLASSES



For further information contact:
REX CEARLEY, MS Certified Grief Recovery Specialist™
CAPS Parent Education Partner
Call 785.825.4493 or visit capssofsalina.org

