



The Grief Recovery Method®



Grief Support Group

For Adults to Take Effective and Lasting Action to Deal with Death, Divorce, Pet Loss, Moving, and Other Losses.

Time alone will not heal your broken heart.

The Grief Recovery Method® Support Group is an 8-week program that provides a safe environment, using evidence-based practices, for you to look at your old beliefs about dealing with loss, which losses have affected your life, and take actions that will lead you to complete unresolved emotions that may still be causing you pain.

Get registered today to begin your healing journey and to learn lifelong skills to process grief and loss.

To learn more, or to register, visit capsosalina.org/parenting-classes
Pre-registration for childcare required.



REX CEARLEY, MS
*CAPS Parent Education Partner
Advanced Grief Recovery Method Specialist*

**Wednesdays
6:00-8:00pm
Sept. 6-27,
Oct. 4-18 & Nov. 1**

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