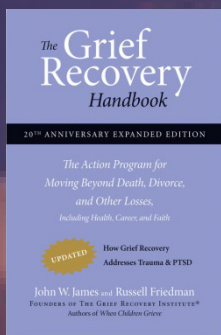


GRIEF RECOVERY: AN ACTION GROUP FOR MOVING BEYOND LOSS

FACILITATED by Shirley Wade,
CERTIFIED GRIEF RECOVERY FACILITATOR
SUPPORTED by Maggie Fisher



WE CAN EACH APPRECIATE THAT GRIEF IS THE NORMAL AND NATURAL RESPONSE TO ANY SIGNIFICANT EMOTIONAL LOSS. IT IS A JOURNEY THAT IS UNIQUE TO EACH INDIVIDUAL COPING WITH A LOSS, RANGING FROM A DIVORCE, DEATH, ONE'S HEALTH, TO PERSONAL INDEPENDENCE AND FOR THOSE TRYING TO PREPARE FOR THE LOSS OF SOMEONE TERMINALLY ILL. THE GRIEF RECOVERY METHOD® IS AN EIGHT-WEEK PROGRAM THAT "...PROVIDES THE CORRECT ACTION CHOICES THAT HELP PEOPLE MOVE BEYOND THE PAIN CAUSED BY LOSS." Shirley Wade is a certified facilitator trained in the field of grief. As we look at our beliefs and patterns, we will explore the opportunity to take new actions to feel complete and whole again. We will be using *The Grief Recovery Handbook—The Action Program for Moving Beyond Death, Divorce, and Other Losses* co-authored by John W. James and Russell Friedman, founders of the Grief Recovery Institute®.

THURSDAYS, July 6 to August 24, 2017
2:00 – 3:30 PM, in the Meditation Pavilion
\$70 in Advance or \$10.00 per Class

TO REGISTER OR FOR MORE INFORMATION, PLEASE CONTACT:
CENTER FOR SPIRITUAL LIVING, Redding
1905 HARTNELL AVENUE * Redding, CA 96002
530-221-4849 OR VISIT www.cslredding.org