



The Grief Recovery Method®

## The Grief Recovery Method® Grief Support Group

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

Myths about grief:

- *Time heals all wounds*
- *Replace the loss*
- *Grieve alone*
- *Be strong for others*
- *Bury your feelings*

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

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

**THE 8-WEEK PROGRAM WILL BE:  
Tuesdays • From 6 PM to 8 PM • Start Date TBD  
350 Grove St, Ste 207, Bridgewater, NJ 08807**

People say, "You have to let go and move on with your life," but they don't tell you how to accomplish that. The Grief Recovery Method® Outreach Program not only makes it possible but provides partnerships and guidance to ensure that it happens.

**For further information e-mail:  
Jordan Mealey, MA, LPC • Certified Grief Recovery Specialist® •  
[MealeyPCG@gmail.com](mailto:MealeyPCG@gmail.com)**

**Cost is \$320 for the entire 8-week, 16-hour group therapy program.**

**Copyrights © / Trademarks (TM).** ©1993-Present, Grief Recovery Institute®, John W. James, and Russell P. Friedman. All Grief Recovery Institute® related copyrights/trademarks are owned by The Grief Recovery Institute, John W. James, and Russell P. Friedman including but not limited to: The Grief Recovery Institute®, The Grief Recovery Method®, Certified Grief Recovery Specialist®, Grief♥Recovery®, and AARAM Formula®. All rights reserved.