

Grief ⊕ Recovery[®] Outreach Program

GRIEF the normal and natural reaction to loss

Whether your loss is from:

- Death of a loved one • Divorce or end of a relationship
- Loss of career • Loss of a substance dependency • Loss of trust
- Loss of dreams • Loss of security • Loss of health

Grief will continue to affect our lives and the lives of those around us adversely when we are forced to accept the many

MYTHS ABOUT GRIEF:

“Time heals all wounds” “Replace the loss” “Grieve alone” “Be strong for others” & “Just keep busy”

The Outreach program provides action steps to help promote moving forward into a richer quality of life. This 7-week program will be conducted by Vickie Mears, Certified Grief Recovery Specialist.

THE 7-WEEK PROGRAM WILL BEGIN
Thursday April 12-May 31 (no class on Thursday May 3)
From 6 to 7:30 PM
9237 Ward Parkway, Ste. 300 K.C., MO 64114

The Program is free,
however, please note the Grief Recovery Handbook is necessary to complete the course. We reserve the right to cancel groups due to low registration or close registration when a group is full.

To Register: Contact Vickie Mears, LMSW at 816-268-2664

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