



## **Grief Recovery Method®**

The Grief Recovery Method is The Action Program for Moving Beyond Loss and is offered in two ways – a support group or one to one. Both are facilitated by a Certified Grief Recovery Specialist who will support you in completing any loss you feel is keeping you from moving forward in life. Unlike other grief groups, this program is a structured, step by step process requiring weekly reading (book is provided) and homework. The support group runs for 8 weeks; one to one is a 7 week commitment.

Your loss does not have to be associated with death or suicide in any way – divorce, job loss, health issues, unemployment etc. can all be addressed through this process. Cost is \$295 for the 8 week group; \$455 for the 7 week individual sessions. Bursaries are available and some Employee Assistance Programs and Benefits Packages may cover the program.

Please contact Dawne at 403-342-4966 for more information or to secure your spot. (Space is limited to 8 participants).