



The Grief Recovery Method®

Keiko
HEALING BODY • SPIRIT • SOUL

The Grief Recovery Method® Grief Support One on One

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

**THIS IS A 7-WEEK PROGRAM. WE WILL MEET FOR ONE HOUR
ONCE A WEEK FOR 7 WEEKS**

\$75 PER SESSION (\$10 off per session for age 65 & above)

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

**For further information and to set up a free 15-20 minute consultation,
please call or text:**

Keiko Broyles • Certified Grief Recovery Specialist® • (860)280-5548

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