

Is your heart Broken? Lost? Stuck?

Learn the action plan that allows you to let go of pain following:

- Death
- Loss of health
- Job loss
- Relationship
- Any other loss

Join us for an informational session about this FREE grief recovery group!

Grief myths:

Grieve alone

Time heals all wounds

Replace the loss

Be strong for others

Bury your feelings



Information meeting:

6 - 7 p.m.

Monday, Apr. 10, 2023

Fitzgibbon Hospital

Classroom suite (2nd floor)

Call (660)831-3235 for information

Made possible through
Fitzgibbon Home Health & Hospice
Memorial Funds



Group led by
Richard DeFord
Chaplain-BC



Grief Recovery Method Specialist

Certified by The Grief Recovery Institute