

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, Jan. 8, 2024

Fitzgibbon Hospital
Classroom suite (2nd floor)

Call (660)831-3235 for information
or visit www.fitzgibbon.org/grief

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