

# 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 our new,  
**FREE** grief recovery group!

**Group runs Aug 1 - Sept 25**  
**Mondays, 6 - 7:30 p.m. (9 sessions)**

Grief myths:

Grieve alone

Time heals all wounds

Replace the loss

Be strong for others

Bury your feelings

## **FREE Community Information Meeting** **6 - 7 p.m.**

**Monday, August 1, 2022**  
**Fitzgibbon Hospital Classroom Suite**  
**2nd Floor, Fitzgibbon Hospital**  
**Call (660)831-3235 for information**

Made possible through  
Fitzgibbon Mary Montgomery Hospice Memorial Funds



The Grief Recovery Method®



Group led by  
**Richard DeFord**  
Chaplain-BC



Grief Recovery Method Specialist

Certified by The Grief Recovery Institute