

# GRIEF RECOVERY 8-WEEK WORKSHOPS



## **Session One: Tuesdays**

April 4 – May 23, 2017

10:00am – 12 noon

## **Session Two: Thursdays**

April 6 – May 25, 2017

7:00pm – 9:00pm

**\$20 per class love offering  
or \$150 in full at first class**

### **Textbook:**

*Grief Recovery Handbook 20<sup>th</sup>  
Anniversary Edition*

available at

Unity in Marin bookstore

### **Location:**

Unity in Marin,

600 Palm Drive, Novato

### **Register at:**

<http://www.northbaygriefrecovery.com/Workshops.html>

or call 415-250-3027

Space limited to 12 participants

**IN THE WORKSHOP** we will debunk common myths about grief, such as, “time heals all wounds,” and teach you how to free yourself from the pain of unhealed emotional wounds associated with grief.

**Types Of Grief Include:** loss of partner/relationship, career/status, health/wealth, home/community, hopes, dreams and expectations.



Led by:

Caroline McKinnon,

Certified Grief Recovery Specialist



**The Grief Recovery Method<sup>®</sup>**

by The Grief Recovery Institute<sup>®</sup>