



The Grief Recovery Method®

PCHS

The Grief Recovery Method®: Workshop

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 trust
- Loss of faith
- Loss of safety
- Loss of health
- Loss of career

The Grief Recovery Method is quite different from a traditional support group, in that it is an “action program” which requires a commitment to the full 9 weeks, as each week builds on the actions of the week before.

THIS WORKSHOP MEETS 9 TIMES
Wednesday evenings from 6pm-8pm

- *April 8, 15, 22 & 29, 2026*
- *May 6, 13, 20 & 27, 2026*
- *June 3, 2026*

PCHS 230 E. Marydale Soldotna (conference room upstairs)

Sponsored by PCHS

Fee: \$95.00 (scholarships available)

To register call: Gail Kennedy • Certified Grief Recovery Specialist®
#907-602-9944 or email: gail.griefrecovery@gmail.com