



HOPE FOR THE GRIEVING HEART. GRIEF RECOVERY METHOD

Tuesdays from January 21st through March 10th, 2020

8 week duration

7-9 pm

\$395.00

The Grief Recovery Method is the only evidence-based, action-oriented grief program designed to help you move beyond losses such as death, divorce, and other painful loss in any relationship.

People say you have to let go and move on in your life, but they don't tell you what you need to accomplish that. The Grief Recovery Method support group not only makes it possible, but provides partnerships and guidance to ensure it happens during the 8 week program.

Your feelings are normal and natural. The problem is that we have been socialized to believe that these feelings are abnormal and unnatural. The Grief Recovery Method will give you the tools you need to effectively recover from your loss as well as an opportunity for personal healing.

**To register, please contact
David Pritchard at 770-855-7503 or
Simonie Levy at 914-380-2903 or
email simonie.levy@comcast.net**



SIMONIE LEVY AND DAVID PRITCHARD

David and Simonie began to co-lead grief recovery support groups after meeting in their Grief Recovery Method certification class. Both David and Simonie experienced their own tragic losses. Simonie (and her four children) watched her beloved husband die of Leukemia when he was just 40 years old. Early on, she knew that widowhood would not define her, and she wanted to create a platform that would connect and support others in similar situations. David experienced the death of his younger brother as well as the suicide death of his son and the deaths of both his parents. He also grieved the loss of his marriage when he went through his divorce. After completing their own grief recovery method work, David and Simonie recognized that this method could make a profound difference in moving people through the grief journey, in order to not only survive, but to thrive. They became certified and have been leading groups successfully ever since. David and Simonie look forward to being able to share these tools with anyone who has experienced any form of loss and helping them learn how to live again.



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