

Are you suffering from a broken heart?

Did a death, divorce, or the end of a romantic relationship cause it? Or was it caused by any of the forty other losses that a person might experience such as moving, pet loss, or a change in finances? **Regardless of the cause, you know how you feel and it probably isn't good.**

We aren't going to tell you we know how you feel, because we don't. Neither does anyone else. **What we will do is provide a safe environment where you will be given specific tools to help you recover from loss and ultimately lead a happier life.**

Don't wait any longer.
Time alone will not heal your broken heart.



www.ourlittlesparrows.org



People say you have to let go and move on in your life, but they don't tell you how. The Grief Recovery Method Support Group, developed and refined over the past 40 years, teaches you how to recover from loss with supportive guidance every step of the way.

"it's like the sun coming out again"

"even my eyelids feel lighter"

"life changing"

How can we help?

Grief Recovery Method Specialist
Certified by the Grief Recovery Institute™
Geoff & Toni Brabec

Contact me for details of my next available training program:

916.572.6265