



The Grief Recovery Method®



Grief Support 1 on 1



# Is your heart: Broken? Lost? Stuck?

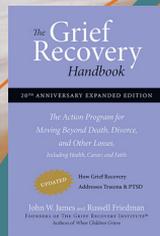
A powerful, dynamic, sensible and accessible program that is genuinely for anyone willing to take the necessary actions to help themselves.

- Death
- Divorce
- Pet loss
- Job loss
- Loss of health
- Moving
- Any other loss



## Why Wait? Call Now.

# 916-572-6265



Based on the Best Selling book by  
**John W James & Russell Friedman**

# Are you suffering from a broken heart?

The Grief Recovery Method has been used effectively by hundreds of thousands of grievers all over the world.

The One on One Action Program is exactly what it suggests - you working on your own recovery guided by an experienced Grief Recovery Method Specialist™ Certified by the Grief Recovery Institute.

There is no need to wait - no matter how recent the loss The Grief Recovery Method can be used to complete the unfinished business generated by any loss and allow you, the griever, to return to a full state of "aliveness".

**Don't wait any longer.**

**Time alone will not heal your broken heart.**



[www.gtbrabecgriefrecovery.com](http://www.gtbrabecgriefrecovery.com)

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"Having the option of the one to one course was attractive to me as I felt I was likely to hold back from expressing my feelings, concerning the death of my wife, in a group scenario. It quickly became apparent to me that I was getting so much more from the sessions than if I had read the Grief Recovery Handbook by myself. Some two months after finishing the course I certainly feel it has been of great benefit to me."

The Grief Recovery Method Support programs have been developed and refined over the past 40 years, they teach you how to recover from loss with supportive One on One guidance every step of the way.

## How can we help?

**Geoff and Toni Brabec**

Grief Recovery Method Specialist™

Certified by the Grief Recovery Institute

Contact me for details or to schedule your first 1-on-1 session

**916-572-6265**