

Grief♥Recovery®

## Outreach Program

One of the least acknowledged and  
least addressed concerns in our society is

### GRIEF

the normal and natural reaction to loss.

Whether your loss is from:

- Death of a loved one • Divorce or end of a relationship
- Loss of career • Loss of a substance dependency • Loss of trust
- Loss of dreams • Loss of security • Loss of health

Grief will continue to affect our lives and the lives of those around us adversely when  
we are forced to accept the many MYTHS ABOUT GRIEF:

*Time heals all wounds*

*Replace the loss*

*Grieve alone*

*Be strong for others*

*Bury your feelings*

The Outreach program will guide those who wish to resolve their loss issues  
and move beyond their grief to a richer quality of life. As a result of participating  
in this program your life may become more enriched, more alive and more  
fulfilled than ever before. This 12-week program will be conducted by  
Rebekah Phelps, Certified Grief ⊕ Recovery® Specialist.

The program is affiliated with and endorsed by The Grief Recovery Institute.  
This format has been developed by Russell P. Friedman, Executive Director,  
and John W. James, Founder of the Grief Recovery Institute, and authors  
of The Grief Recovery Handbook—The Action Program for  
Moving Beyond Death, Divorce and Other Losses.

#### THE 12-WEEK PROGRAMS AVAILABLE

**Contact: [Rebekah@ExtraYou.net](mailto:Rebekah@ExtraYou.net) to put your name on a list**

**Class size minimum of 8, maximum of 15**

**Cost \$75 per person, per class.**

For further information call:  
Rebekah Phelps at 703.980.1114

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