

# ***“Moving Beyond the Pain”***

***2022 Grief Recovery/Life Discovery Workshops***



**\*\*\*Reservations Required\*\*\*** **COST \$375** (limited to 10 seats)

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***A Compassionate, Educational, Action-Oriented program*** that will challenge your heart and your mind. Participants will learn and apply "effective recovery tools" for dealing with past, present, and future loss related experiences.

***Friends ask, “How are You?” You reply... “Fine.” But you know in your heart you are not fine.***

*You keep busy, pretending you are okay, and hope time will make things better.*

***You “Would Move Forward”, if only you knew how...***

*The Grief Recovery “Life Discovery” Workshop focuses on **UNRESOLVED GRIEF** that may have resulted from any type of loss, including Death, Divorce, Relationship Struggles, and over 40 other Loss Experiences. There is no timetable for recovering from loss. More often than not, “time” just allows us to get better at avoiding the pain, or perhaps replacing the pain with something or someone else, before we have truly learned to get complete with the original loss. Recovery does not mean forgetting a person or a painful event, or that you will never experience pain again. Recovery means being able to find some peace among the broken pieces, through small action steps, honesty, and heart ♥ work.*

**PEACE BY PIECE GRIEF RECOVERY LLC**

**Contact: [Jodi@peacerecovery.com](mailto:Jodi@peacerecovery.com)**

**262-832-3737**