



## **The Gift of Grief – honoring the experience**

**Free information events:**

**Thursdays, August 17<sup>th</sup> & 31st**

**7:00 – 8:00 pm**

**Johnny's Gone Fishing, 901 W. Main, Carrboro**

**Numb? Emotional highs and lows? Disrupted sleep patterns?**

**Is this a loved one? Is it you?**

**Presenter:**

**Beth Burke, CGRS, LMBT** for more info visit [www.vital-living.net](http://www.vital-living.net)

Beth is one of three Certified Grief Recovery Specialists® in the Triangle. As a massage therapist, she has come to notice that unresolved grief can be a major underlying issue in people's discomfort and disquiet. She facilitates this unique method with grievors in small groups, or one-on-one.

- **Incomplete recovery from grief can hinder us in many ways**
- **Come learn about the issues and the solution**
- **Specific actions help to accept loss and complete the grieving process**

**This presentation is an introduction to the Grief Recovery Method®.  
Recent alumni share their experience – bring your curiosity.**