

What participants are saying about this Program

“Everyone can benefit from the experience of this program.”

“I went to deal with the pain and the overwhelming sense of sadness I felt following my father’s death, but I gained so much more. This program is for everyone.

“Life Changing”...”when the Grief Recovery Edu-Therapy Program came to our community, I thought — here come’s another outsider who doesn’t get our culture and the issues we face everyday. Boy was I wrong– It was actually one of the first times I felt like I had been heard.” “Thank you, I think I’m going to be far more effective in all my relationships”

For more information regarding the **Grief Recovery Edu-Therapy Program** or to register for the next program please contact our office at

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Grief Recovery Edu-Therapy™ Program



What is Grief

Grief is the normal and natural human reaction to any kind of loss. While grief is normal and natural, and one of the most powerful emotions, it is also the most neglected and misunderstood experience, often by both the grievers and those around them. Throughout our lives we are generally taught how to acquire things, but we are often not taught how to effectively deal with losing them. These unresolved feelings of grief greatly reduce our capacity to participate in every aspect of our lives.

GRIEF NEGATIVELY IMPACTS YOUR:

***Attention *Memory * Planning**

***Language * Relationships**

Helping Yourself

There are more than 60 events that can create the range of human emotions called grief. A death, divorce, estrangements, loss of trust issues, financial changes, Post Traumatic Stress Disorder and health issues head the list.



Whether the loss was recent or long ago, it may still be limiting your ability to participate fully in life and relationships.

The Grief Recovery Edu-Therapy Program is an easy to use model that reduces and eliminates intense uncomfortable emotional responses to loss, trauma, and abuse. It also assists in the ultimate journey back to your heart and to the mainstream of your life.

Grief is the normal human response to loss. Unfortunately there is little information on how to resolve the intense conflicting emotions caused by life events.

For individuals who have suffered a significant loss, abuse, or other trauma, the program effectively eliminates the griever's sense of isolation by actively engaging them in emotionally helpful and liberating exercises.

Participants learn how to free themselves from painful conflicting feelings.

The Edu-Therapy process helps participants to let go of their anger, guilt and fear while learning how to enhance their valuable memories.

The Program

The *Grief Recovery Edu-Therapy Program* is one of "action" that will assist participants in moving beyond losses they have experienced in their lives by working to complete the grief associated with these losses. Incomplete recovery from grief can have a lifelong negative effect on the capacity for happiness, and yet most of us living in today's society have not been taught how to effectively deal with grief and loss.

Grief Recovery Edu-Therapy can be facilitated on a one to one basis and small or large group format (Maximum 12 participants). It is 8 sessions long and each session is about 3 hours in length. There is a sobriety requirement with this program due to the type and intensity of the work; however, the sobriety requirement will be assessed and established on an individual basis.

