

Grief Recovery Education Group to Meet

Most people have suffered grief through some sense of loss in their life. It may be the life of a loved one, but grief often comes through normal life experiences as divorce, health, and even loss of faith. Grief, if not learned to cope, can have longtime negative effects on a person, keeping them from restoring a sense of peace and happiness within their lives. It is possible to recover from grief and restore a sense of normality within one's life.

Beginning Monday, June 8th, from 6:30-8:30pm, Harlingen Church is offering an 8-week program on Grief Recovery, designed through the Grief Recovery Institute. The program itself is not a faith-based program, although there are elements that carry over into

every faith. Through the material presented, one can find guidance for dealing with:

- Loss of a loved one
- Loss of career and financial issues
- Loss of faith
- Loss of health
- Growing up in an alcoholic or dysfunctional home.
- Recent struggles and changes to ones daily life caused by COVID-19

The cost is \$150.00 per person for the program to cover the costs of materials, and registration is limited to 10 people. To register for the event, please email office@harlingenchurch.org, or call (908) 969-1802.

