

“Moving Beyond the Pain”

2018 Grief Recovery “Life Discovery” Workshops



*****Reservation Required for 2018 Workshop Groups**

Sunday (2:30pm – 4:00pm) (April 8 - May 27)

Tuesday (6:30pm – 8:00pm) (June 5 – July 24)

Sunday (3:00pm – 4:30pm) (Oct 7 – Nov 25)

How are You? You reply... “Fine.” Which may mean “Feelings Inside Not Expressed”

You keep busy, pretend you are okay, and hope time will make things better. Upsetting or traumatic events, relationship struggles, and things you "just cannot put your finger on", cause you to feel anxious, isolated, angry, disconnected or perhaps unworthy. You are no doubt tired of feeling this way and would like to move beyond the pain. Supporters try to give advice that is well-meaning but unhelpful, so you put on a brave face, and continue to suffer in silence.

You Would Move Forward, if only you knew how...

*Grief Recovery “Life Discovery” Workshops and Individual Programs **open hearts, minds and doors**. Thought-provoking, educational and experiential, participants explore unresolved pain from their “grief-inducing experiences” including Death, Divorce, Relationship Struggles or Estrangement, Empty Nest, Life/Career Transitions, Loss of Safety, Trust, Health, Faith.*

A Compassionate, Action-Oriented, Forward-Movement based program where you will learn a wealth of information about yourself, your relationships, your life experiences, your coping strategies and "effective recovery tools" for past, current, and future loss related experiences.



Jackie is an LPC, CGRS who is passionate about offering GRIEF RECOVERY “LIFE DISCOVERY” WORKSHOPS in Connecticut working Individually and in Group settings with clients. Participant Experience Reviews are warm heartedly shared at www.clearlifect.com - Client/Participant Reviews.



**Jackie@clearlifect.com (860-414-4245) Grief Recovery Life Discovery Programs run throughout the Year
1686 Farmington Ave. Unionville CT. 06085. This program is endorsed by The Grief Recovery Institute®**

*** Enlightening * Necessary * Unique * Productive * Healing * Powerful * Safe**
*** Eye-Opening * Rewarding * Insightful * Purposeful * Shifting * Freeing * Unexpected**
*** Thoughtful * Introspective * Structured * Beneficial * Special * Different**
*** Compassionate * Amazing * Life Changing * Thought Provoking * Heart Warming**

"A new powerful way to understand and work through the losses in your life. I have needed this resolution for so many years. I am amazed that the process works so quickly and so fully. " - A New Life 2017

"I have gone to therapy for years and haven't achieved this amount of growth in such a short timeframe" – Jake from West Hartford

"This was an amazing and reflective experience that connected many dots and brought much clarity" - Breathing Again - 2016

"This group has truly changed me so much in just a short 8 weeks. I've learned so much about myself and how others 'perceive' my grief. I was able to open in how I feel about my grief, how I can grow, how to work through the pain" – A grieving widow

"Helps to process unresolved emotions so that healing can happen for all different types of loss. I feel truly unburdened, began to let go of the heaviness and pain, and feel sure I will use the tools again" - Griever 2017

"It gave me perspective, helped me to think about things in a new way so I could move forward" - W.A.S - 2016

"Intense experience that allows you to get in touch deeply with your unfinished pain. It made me less afraid of my pain and I feel braver, more settled, and complete!" - An Open Heart

"An opportunity to grow and move beyond loss/trauma experiences that color your day to day life" - Participant from East Hartford - 2017

"It is learning more about the relationship you have had not just about death. Healing, Forgiveness, Letting go, and Discovery" – Anonymous from Windsor Locks 2018

"I am a new griever. It's never too early to start this process. I re-examined relationships and what I knew about loss" - New Griever from South Windsor

"Very informative in learning ways to use tools that help you learn how to deal with grief. Made me really look at things and dig deep" – A sister's journey of saying goodbye to her brother

"Extraordinary in scope of issues related to grieving. It helped me to sort through issues emotionally that have been unresolved" - Friend from West Simsbury

"You do a lot of work, thinking and reflecting. You become a student of Yourself" - Collinsville Group Member 2017

"A fantastic way to learn organized thinking to very complex emotions. Gives the tools needed to deal with a process that is necessary in life to deal with the complications of grief" - Sue's Journey 2017