

“Moving Beyond the Pain”

2019 Grief Recovery “Life Discovery” Workshop Groups



*****Reservation Required for 2019 Workshop Groups**

(Call for February Dates & Reservation)

(Feb - March, April - May) Workshop Date/Time TBD



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 Experiential Reviews are warm heartedly shared at www.clearlifect.com - Client/Participant Reviews.

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.

Moving Forward ...

*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@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®