



The Grief Recovery Method®



Grief Support Group

Is your heart: Broken? Lost? Stuck?

Learn the actions that allow you to let go of the pain following:

- Death
- Divorce
- Loss of health
- Job loss
- Pet loss
- Moving
- Any other loss

Why Wait? Call Now.

406.581.4011



Based on the Best
Selling book by
**John W. James &
Russell Friedman**

Are you suffering from a broken heart?

Did a death, divorce, or the end of a romantic relationship cause it? Or was it caused by any of the forty other losses that a person might experience such as moving, pet loss, or a change in finances? **Regardless of the cause, you know how you feel and it probably isn't good.**

We aren't going to tell you, we know how you feel, because we don't. Neither does anyone else. **What we will do is provide a safe environment where you will be given specific tools to help you recover from loss and ultimately lead a happier life.**

Don't wait any longer.

Time alone will not heal your broken heart.



Grief Recovery Method Specialist

Certified by The Grief Recovery Institute

www.SunnyMavorCounseling.com



The Grief Recovery Method™



Grief Support Group

People say you have to let go and move on in your life, but they don't tell you how. The Grief Recovery Method Support Group, developed and refined over the past 30 years, teaches you how to recover from loss with supportive guidance every step of the way.

"it's like the sun coming out again"

"even my eyelids feel lighter"

"life changing"

How can we help?

Sunny Mavor

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Contact me for details of my next available group program:

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