



# LIFE AFTER GRIEF

A SERIES OF MONTHLY SEMINARS  
WITH DEBBIE BARKER, GRIEF RECOVERY SPECIALIST™

WEDNESDAYS SEPTEMBER 21, OCTOBER 19 AND  
NOVEMBER 16, 6:30–8:30 P.M.

GRIEF IS A NORMAL REACTION TO LOSSES WE EXPERIENCE IN DAY-TO-DAY LIFE. THESE SEMINARS WILL HELP YOU IDENTIFY GRIEF IN YOUR LIFE AND IN THE LIVES OF THOSE WHOM YOU LOVE, AND FIND SOME PRACTICAL TOOLS FOR DEALING WITH THAT GRIEF.

**SEPT. 21:** IDENTIFYING SOURCES OF GRIEF AND THE MYTHS SURROUNDING LIVING WITH, OR RECOVERING FROM, GRIEF.

**OCT. 19:** RECOGNIZING WHEN YOU OR A LOVED ONE IS GRIEVING AND WHAT TO SAY/DO IN THE LIGHT OF GRIEF.

**NOV. 16:** RECOGNIZING AND RESOLVING RAMIFICATIONS OF TURNING YOUR BODY INTO A LONG-TERM STORAGE UNIT FOR GRIEF.

DEBBIE BARKER, GRIEF RECOVERY SPECIALIST™,  
LIFE COACH, AND CERTIFIED NUTRITIONIST

COST: \$45/INDIVIDUAL SEMINAR OR ALL THREE FOR \$121.50

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