

## A DIFFERENT KIND OF GRIEF <sup>sm</sup>

*Support for those who have experienced a substance use-related death.*



Six meetings - Wed. Evenings 7:00-9:00 PM  
March 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> & April, 6<sup>th</sup> 2022\*

**Registration Deadline is Feb 28th, 2022. Space is Limited.**

\*If you are unable to make this six-week session, contact Gloria or Beckie for future dates.

**Location: Brighter Days Grief Center  
HIPPA compliant Zoom Platform**

**There is no fee for this group but registration is required.**

"This grief group is so relatable, validating, inspiring and interactive. I received so much crucial information and education on grief, mourning and trauma that I have been able to ponder and use on my own lifelong journey after losing my son to overdose. I'm so glad I found YOU and took the leap of faith to join YOUR group. YOU are 'leadership after loss' and I thank you for that."

~ Michelle Loberg (Nick's mom)

The turmoil before and after an addiction-related death of a loved one may have a different effect on each family member or friend. As a parents in recovery from their children's overdose death, Beckie & Gloria understand this kind of grief and welcome anyone who has experienced this kind of loss.

The group coaching support differs from traditional grief support groups because their focus is on the trauma and stigma that often result from this kind of disenfranchised loss. They also provide a specifically focused educational curriculum for each six-week session. There is ample time for personal check-in.

\*Contact Gloria: [gloria@recoveringu.com](mailto:gloria@recoveringu.com) 612 866-1056 or Beckie: [beckielillehei@gmail.com](mailto:beckielillehei@gmail.com) or (612) 990-0617 for registration information.