

Find Joy In Grief

A place to learn how to truly LIVE with the Grief of losing a child

Helping moms find the tools to process and manage their emotions after the death of a child from cancer.

Our 4-month program will guide you through:

STEP ONE:



LEARNING HOW TO COPE WITH THE LOSS

1. GAIN CLARITY TO SEE PAST THE ANGER AND DENIAL
2. LEARN THE BRAIN'S ROLE IN PROTECTING US FROM HARM AND PAIN
3. FIND JUST 3 WAYS TO AGREE TO ACCEPT THIS UNACCEPTABLE LOSS
4. LEARN THE MAGIC OF ALLOWING THOUGHTS OF GRIEF

STEP TWO:



LEARNING HOW TO PROCESS THE PAIN

1. UNDERSTAND THE IMPORTANCE OF FACING RATHER THAN FIGHTING THE PAIN
2. OPEN YOUR MIND TO EXPLORE THE PAIN AS IT MANIFESTS IN YOUR BODY
3. PRACTICE BREATHING TECHNIQUES FOR ON-THE-GO RELIEF
4. HAVE THE TOOLS YOU NEED READY FOR MOMENTS OF EXTREME EMOTION

STEP THREE:



FINDING LIGHT IN THE NEW REALITY

1. LEARN HOW TO FEEL THEIR PRESENCE WITH JOY AND GRATITUDE
2. UNDERSTAND THE 50 / 50 THAT IS THE BALANCE OF LIFE
3. RECOGNIZE THE DIFFERENCE BETWEEN PASSIVE AND ACTIVE GRIEVING
4. CREATE NEW WAYS TO CELEBRATE THEM IN THE WORLD NOW THEY ARE GONE

STEP FOUR:



CREATING AN ONGOING LIFETIME OF SELF-CARE

1. BE WILLING TO SEEK MEDICAL HELP WHEN NEEDED
2. LEARN WAYS TO TURN SELF-JUDGEMENT INTO SELF-CARE
3. ESTABLISH A HEALTH ROUTINE THAT EMBRACES YOUR LOSS
4. CONNECT WITH A COMMUNITY THAT UNDERSTANDS WHERE YOU ARE

[Find Joy In Grief formerly Grief Relief Support](#)

The Program We Offer

What is Find Joy In Grief about?

» WEEKLY SMALL GROUP ZOOM MEETINGS

GRIEF IS AN INTENSELY PRIVATE PAIN. MEETING IN GROUPS OF 25 OR LESS WILL ALLOW FOR SHARING AND LEARNING IN AN INTIMATE, CARING ENVIRONMENT. EACH MEETING WILL START WITH A SHORT LESSON ON AN ASPECT OF LIVING WITH GRIEF THEN END WITH INDIVIDUAL INTERACTIONS INSIDE THE GROUP.

» FOUR MONTHS OR AS LONG AS YOU NEED

THE MEETINGS WILL BE AT THE SAME TIME IN THE WEEK FOR EACH GROUP. CHOOSE A DAY AND TIME THAT WORKS FOR YOU FROM THE CALENDAR. YOU WILL KNOW WHEN YOU NEED MORE AND WHEN YOU ARE DONE. YOUR GRIEF, OF COURSE, WILL NEVER GO AWAY SO LEAVE OR COME BACK AT ANY TIME.

» INDIVIDUAL CONTACT WHENEVER YOU NEED IT

THERE MAY BE TIMES WHEN YOU DON'T WISH TO SPEAK UP IN A GROUP BUT YOU CAN ALWAYS EMAIL ME PERSONALLY AT [GRIEFRELIEF@YAHOO.COM](mailto:griefrelief@yahoo.com). I WILL DO MY BEST TO RESPOND AS QUICKLY AS I CAN BUT KNOW YOU ARE CARE FOR AND THE ANSWER WILL COME.

» THE FUTURE IS LIMITLESS

AS NEEDS AND CIRCUMSTANCES CHANGE SO WILL OUR PROGRAM. GROUP MEETINGS ARE A GOOD START. MORE WILL COME LATER – CHECK THE BONUS SECTION.

KNOW ALSO THAT ALL GRIEF IS WELCOME, EVEN IF IT DOES NOT INVOLVE THE LOSS OF A CHILD.

But Wait! There's MORE!

Bonuses

» YOU HAVE A COMMUNITY

YOU WILL ALWAYS BE WELCOME TO STAY WITH US IN THE MONTHLY PROGRAM, YOU CAN ALSO JOIN OUR PATREON FAMILY FOR JUST \$5 A MONTH OR JOIN THE FREE PRIVATE FACEBOOK GROUP LINKED ON THE HOME PAGE OF: [FIND JOY IN GRIEF](#)

» FREE ACCESS TO LIVE EVENTS

ONCE OUR COMMUNITY REACHES ENOUGH MEMBERS WE WILL HOLD LIVE EVENTS IN THE PACIFIC NORTHWEST & ELSEWHERE IN THE U.S. WHERE WE CAN MEET IN PERSON OR VIRTUALLY TO SHARE MEMORIES, LAUGHTER AND TEARS. FREE TO CURRENT PATREON OR SUPPORT COURSE MEMBERS.

» OPPORTUNITIES TO HELP OTHERS

AS OUR COMMUNITY GROWS WE WILL NEED "HELPERS" TO MEET THE NEEDS OF NEWER MEMBERS. WE KNOW THAT REACHING OUT TO OTHERS IS AN IMPORTANT PART OF THE HEALING PROCESS AND WE WILL ALWAYS CHOOSE FROM THE RANKS OF THOSE WHO HAVE "BEEN THERE; DONE THAT" AS THE NEED ARISES

» COME BACK ANY TIME

WE KNOW GRIEF NEVER GOES AWAY, NOR WOULD WE WANT IT TO. NO MATTER HOW MANY YEARS GO BY YOU ARE ALWAYS WELCOME TO COME BACK FOR MORE LOVE
THE FIRST MONTH BACK WILL BE **FREE** IF YOU HAVE COMPLETED A FOUR-MONTH PROGRAM WITH US.

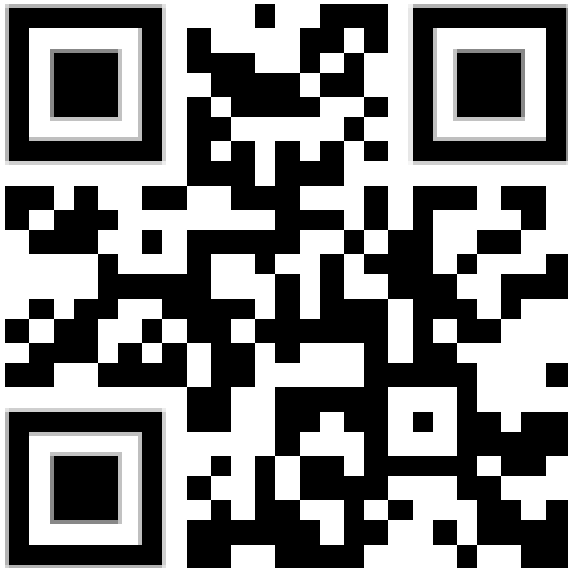
Find Joy In Grief

Guarantee

Unsubscribe at any time

Your \$69 per month can be canceled at any time for no reason and with no further obligation.

If you paid the discounted \$250 for 4 months in advance and wish to leave the program part way through you will still be eligible for the first month free offer should you decide later to return.



**SCAN THE QR
CODE TO THE
LEFT (WITH
YOUR
PHONE) TO
ACCESS OUR
WEBSITE**

WWW.FINDJOYINGRIEF.COM