



Dahanna
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PRESIDENT/FOUNDER



IN MEMORY OF

Michelet
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If you found yourself here, there is a high probability that you, or someone you love is suffering from a broken heart. Is it due to a death, divorce or another major loss? If so you might feel sad, distracted, or confused.

You are not alone.





Grief is normal and natural, but many of the ideas we have been taught about dealing with grief are not helpful.

Michelet's Legacy Grief Coaching Program exists to help individuals normalize and embrace their emotions during the grief process.

Loving Heart Behavior & Rehabilitation Services

Providing Care in a Heartbeat

Contact Us

-  lovingheartbehavior.net
-  267-351-1045
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-  543 Bloomfield Ave
Drexel Hill, PA 19026



Michelet's Legacy Grief Coaching Program

(A Loving Heart Behavior & Rehabilitation Services Program)

Growing
Resilience
In progress
Empowered
Fresh start



How it Works

People come to us not only to help others, but because their lives were devastated by personal loss. Having gone through grief, they know how hard it can be and want to help others who are also grieving.

Our seminars and support groups are led by people who understand what you are going through and want to help. You'll gain access to valuable resources to help you recover from your loss and look forward to rebuilding your life.

Strategies are suggested and practiced to help the bereaved have the tools and support their need to cope with their loss without feeling alone and emotionally distraught.

How We Help

If you have experienced a loss and wish to move beyond the pain, a bereavement support program offers you the probability of a richer and more rewarding life.

Our 7 step program helps individuals get the joy back in their lives.

Participants of our program will receive shirts in the following colors matched to the **7 stages of grief.**

STAGE 1: Shock and Disbelief is the color orange.

STAGE 2: Denial is the color yellow.

STAGE 3: Anger is the color red.

STAGE 4: Bargaining is the color purple.

STAGE 5: Guilt is the color dark blue.

STAGE 6: Depression is the color black.

STAGE 7: Acceptance and Hope is the color bright green.



Michelet's Legacy Grief Coaching Program is continually being developed and refined to ensure that it is one of the most comprehensive Grief Recovery Programs you will find. Teaching you how to recover from loss with supportive guidance every step of the way.


Don't wait any longer.

Contact Us to learn about the different Grief Recovery formats.

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