

The Grief Recovery Method® Introductory Workshop

Wednesday, October 22, 2025 • 6:30PM – 8:00PM

*Blueberry Gardens Healing Center - The Octagon
237 Ashton Road (Rt. 108), Ashton, MD 20861*

Limited Space – Registration Required - \$25.00

To register visit: www.theripplecoach.com

Share space with others who want to learn about how loss is impacting their lives.

In this workshop, you will be introduced to the highly regarded Grief Recovery Method®, in a safe, compassionate, and confidential environment. You will learn about the method for moving beyond loss & I will explain grief in a manner that is most likely new to you.

While in attendance, you are invited to participate in whatever way makes you the most comfortable. Your feelings are normal and natural. Often times, the challenge is that we have been socialized to believe that these feelings are abnormal and unnatural (myths).

Myths about grief:

- *Time heals all wounds*
- *Replace the loss*
- *Grieve alone*
- *Be strong for others*
- *Bury your feelings*

All are welcome! The grief that comes from unresolved loss can come from:

- *Death*
- *Divorce or end of a relationship*
- *Loss of a career*
- *Loss of safety*
- *Loss of health*
- *And/or many more...*

The Grief Recovery Method® is an evidence based educational program that helps to ensure that you have supportive guidance in moving beyond your unresolved loss.

**Grief Recovery Method Introductory Workshop
For further information contact:**

**Jonathan Ger, PCC, CPCC • Grief Recovery Method Specialist®
202.327.1033 - jonathan@theripplecoach.com**

Jonathan spent over 30 years as an executive in the death care space, where he led teams that assisted families in making burial and funeral arrangements. Jonathan is an internationally certified professional coach & as he transitioned into his full-time practice, he brought his lifetime of experience to helping individuals and groups work towards getting beyond their loss. He lives locally, owns Ripple Coaching & Consulting, LLC, & sees clients on-line & in person, here @ Blueberry Gardens Healing Center.