



## Our Mindsets Affects Transitions. Do Not Suffer Unnecessarily.

Your mindset has a tremendous impact as you move through the grieving process. Many people find transitions are smoother when they have help processing new perspectives. A chance to explore potential hindrances, and craft solutions to them in advance of actual issues, make them easy to address.

Our Transitions programs are designed to do this for many of the transitions individuals experience during life.

Grief is a natural response to someone's absence from our life—whether due to death or the end of a relationship. All your emotions are valid but there are ways to ease the pain (without Rx) and mindsets that will help you continue living your life. Some people become so immersed in the grief process that they never recover, but that is not necessary.

---

### At *Grief Relief*, you will learn:

- Common conflicts about death in our society that make the process worse than it has to be
- How to lovingly stand your ground when family wants to run your life
- The importance of letting go of regrets, and how to make it easy
- When to make important decisions and when not to make them
- Recognizing and refuting unproductive thought processes
- How to recognize the path to better feeling emotional states
- How to be kind to yourself and how important it is
- Ways to forgive yourself and others
- How to use your support network
- How to strengthen your faith
- And much more



### Program Dates & Locations

**Register now** to reserve your space. See our list of courses for details. A small deposit holds your reservation and any price discounts for which you qualify. See Form DCT for specifics including guarantees, disclosures, cancel., etc.

