



Myths About Grief

**Thursday, Feb. 28th @ 1:30 pm
at The Gathering Place**

Misconceptions can interfere with the healing of broken hearts after loss. Research, experience of mourners, clinical observation and study of the stories of death loss have all contributed to our knowledge about how mistaken beliefs can impede or interfere with our ability to reconcile death loss.

Cheryl Pharr,

a grief counselor who volunteers with Fearington Cares, will explore several of these conclusions about mourning.

She will also share some truths that may encourage bereaved persons, and those who love them, to live with joy and purpose as they walk in the shadow of loss. She believes that bereaved persons can choose to take an active role in mourning, rather than being passive bystanders, waiting for time to pass, so that grief might end.

Cheryl has worked in the field of death and loss for past 20 years, serving as a grief counselor for several organizations in the Williamsburg, VA. She is a frequent speaker and consultant on death loss.

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