



GRIEF AND LOSS RECOVERY



For those experiencing a death, divorce, loss of employment, income, home or even substance abuse cessation. Developed by the Grief Recovery Institute in Sherman Oaks, California, the program is suitable and appropriate for all belief systems. It differs from grief counseling or therapy in that it is educational rather than clinical. The group programs are not "support" groups, nor are they "self-help" groups. They are facilitated groups which use The Grief Recovery Handbook as the basic text, along with a format written by the founders of the Grief Recovery Institute.

Individual sessions follow a similar format. The children's program also includes material from the book *When Children Grieve*. The programs are designed specifically to assist all who wish to help those with broken hearts retake a productive place in the mainstream of their lives. They are facilitated only by certified Grief Recovery Specialists. *The Grief Recovery Handbook* is included free of charge to all clients.

Handbooks and other materials may be purchased separately. For more information about any of our programs, or for a free consultation, please contact us.

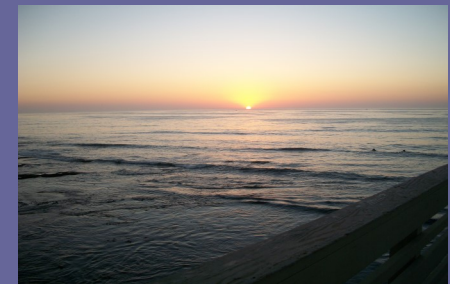
COMMUNITY EDUCATION

Through formatted programs, presentations, workshops and curriculums, we coordinate and deliver education about death and dying, grief and loss and other related topics to diverse groups, including elementary, middle and high school students and faculty, universities, community, civic, religious groups and other area professionals. We also research, develop, implement, and update curricula for school and community education presentations, as well as coordinate and plan events for Grief and Loss awareness. We promote our programs and services through community events and presentations, such as health fairs, community festivals, and where otherwise appropriate.

HERE AND HEREAFTER

The Hereafter is just that.....here - after. Our newsletter, *Here and Hereafter*, is aimed towards helping people understand this and find comfort in knowing their loved ones are really still around. Its focus is on stories, experiences and other circumstances that show that to be true. You can also join or start your own Here and Hereafter group in your community. This is an after-life group where people come together to work with those on the other side to raise consciousness and awaken humanity. You will learn to reach above the illusion and touch forever. To sign up for the newsletter or find out more about starting a group, call or visit our website today!

Peaceful Hearts Services supporting End-of-Life, Transition, Bereavement and Beyond



Transformational Journals ~ Healing ~
Spiritual Events and More

Visit our website to view our
publications and more information
about all of our services

<https://www.dragonflyheart.net/>

Eileen Stein, Director



Welcome to Dragonfly Heart's Peaceful Hearts Program



WHO WE ARE

Peaceful Hearts recognizes that each person is unique and has within him or herself the ability to learn new techniques and skills to deal with life's changes, to heal from trauma and losses, to transform what feels like the unbearable.

We believe there is MORE THAN HOPE in all aspects of life, loss, grief, and crisis. We believe that each person has the ability to access their strengths and courage in order to grow, learn, transition, adjust and heal from whatever event has occurred in their past, or from what they are currently facing in their present.

Part of what we do is help people to see death from a new perspective, much less threatening, and that lessens the emotional charge of the ending of the physical body. That also helps to change the way people think and respond, to other losses and in all situations.

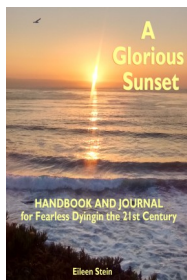
This brochure briefly describes some of our services created for adults and children in end-of-life care, transition and those experiencing grief and loss of any kind.

THE TRILOGY

A Glorious Sunset

Seasons of Grief

A Call to Remembrance



A Glorious Sunset

At some time and in some way, we will all face the end of our physical experience on this planet. For some this may be a difficult passage. I believe, however, that there are ways to ease that transition and capture precious moments before they're gone forever. In this book I hope to show you, and those you love and care for, how to do that. We explore everything from caring for the caregiver to personality types and NDEs, to ceremony, humor, forgiveness and more.

Seasons of Grief

Grieving is not a weakness, but to know what to expect in the grieving process can be very helpful. In this interactive book you will be guided through many steps of healing such as guided imagery, poetry, music and the arts, grief cards and more. It is important to know and understand that every day following the death is a healing day as you find your way back to balance. It will not be easy or fast but it is certain that you will get there, once you commit to it.

A Call to Remembrance

In this book you will explore a more metaphysical side of death, dying and the afterlife. You will find that you can learn to communicate and rebuild relationships with your loved ones on the other side...without a medium! You will explore signs and other ways they try to reach out to us in the physical dimension.

SERVICES

End of Life Spiritual Support

Although the physical aspects of dying may be diagnosed and treated with some skill, and the mental aspects with even less skill, the ills of the spirit are often given little or no regard whatsoever. Using journaling and a variety of tools both specific to

the client's faith and other things like healing touch, music, guided prayer and meditation, aromatherapy, essences, crystals and more, our mission is to help those in the process of crossing over - as well as their loved ones - to experience a glorious sunset. We respond to our clients' physical, emotional, mental and spiritual needs using a non-clinical, intuitive approach.

Seasons of Grief Bereavement Support

Using our *Seasons of Grief: A Guide to Healing* handbook (provided at no extra charge) and other transformative material, we traverse the transition and grieving processes. Sessions can be delivered via email, telephone, Skype or in person, locally. This is a true heart and soul program that flows with the user and works very well in conjunction with the other programs in the trilogy.

Love is Forever: Beyond Bereavement

We explore what happens after we die, how we can stay connected to those who have crossed over and how to transform mourning into celebration. Our programs and services offer healing, sharing, connecting and the opportunity to see death/dying from a different perspective: the passageway between the physical world and the spiritual realm. When we hold death in a new way, we can experience it in a new way as well. Our *A Call to Remembrance Journal and Handbook* is always included.

For Children

Like adults, children can be shown how their loss can lead to personal growth. They can learn how to reach out for help and to help others who are also facing loss in their lives. Our children's programs at Dragonfly Heart include lots of exercises and activi-