

Grief Lifters

Dealing with Loss Without Going Under

"After going to other bereavement classes, by accident, I learned about this class. Thank God, Rose LaVine"

In Grief Lifters,™ you will find a new kind of support, release and inspiration for dealing with the death of someone close. Rather than heaviness, you will come away feeling less burdened, and with practical tools to use for getting through specific situations, including special tips for handling the traditionally tough holiday season.

Your facilitator is Ina Hillebrandt, nationally recognized workshop leader, speaker and author of Amazon.com top seller "Pawprints." As President and founder of The UN-Workshops, as well as her own strategic research company, Ms. Hillebrandt consulted for more than twenty years to Fortune 500 companies such as AT&T, VISA, Citicorp, Weight Watchers, PepsiCo and non-profits including The Rockefeller Foundation. She has worked with a number of healthcare providers, and conducted numerous support groups. Having lost her brother, her parents and her own husband, she is writing a new book based on her experience and work with widows and widowers across the U.S.



Come experience a new type of bereavement group, and see why participants laugh, much to their own surprise, and exclaim afterwards, "I feel so much better!" The message we learn from them underscores advice from experts:

- First, get the pain out.
- Then, you can move on, and surprisingly find new and stimulating paths.

Topics in Our Continuing Programs Include:

- Release -- Participants have been through the experience of losing a loved one; the love and comfort you will feel is a powerful first step in healing.
- Guilt, Anger and Resentment – That Madcap Trio
- Tools – Ways out of the Pit I
- Things Women Will Never Tell Men (But sort of want them to know)
- Widowers Speak Out; Women Take Notes
- Tools – Ways out of the Pit II: Special Evening and Holiday Strategies

*"I can only offer the highest praise for Ina Hillebrandt. Having attended several such groups, hers is the most beneficial and instructive. Thank you for affording me this necessary tool to my period of adjustment."
Earl Boretz*

CLASSES MEET FRIDAY MORNINGS AND ARE FREE TO THE PUBLIC
WHERE: FELICIA MAHOOD SENIOR CENTER - 11338 SANTA MONICA BLVD., L.A.
FOR DIRECTIONS TO THE CENTER, CALL 310-479-4119.
DATES: FRIDAYS, for 10 WEEKS, BEGINNING JANUARY 7, 2005
TIMES: GRIEF LIFTERS 9:15-10:15 a.m.
THE PAWPRINTS WRITING CLUB 10:15-Noon

SPONSORED BY FELICIA MAHOOD SENIOR CITIZENS CENTER, A FACILITY OF THE CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS.

For further information about *Grief Lifters*, other *Un-Workshops* or the *Pawprints Writing Clubs*,™ please contact Ina at: 310-471-5048. E-Mail: inah@inaspawprints.com



THE UN-WORKSHOPS™