

*G.L.A.M.E. – Grief Loss Anxiety Mindfulness Exercise © ... a workshop toward peace.*

Loss and grief is unique as the individual experiencing it. The GLAME© workbook and program is collection of multiple evidenced based interventions that have shown to provide significant results in reducing the pain resulting from grief and loss. The uniqueness of this program is that it is a collection of interventions. One size does not fit all. Those suffering from grief can choose what works for them, so as to improve their mood, quality of life, and negative factors associated with complicated and prolonged grief.

Grievers tend to be isolated in their experiences. This workshop will help breaking those bars of isolation and help grievers find meaning in their new lives, lives that have been forever changed, but not forever sorrowful.

This workshop will provide ways forward and relief from the pain of grief from any multitude of loss.

*“Practice Does Not Make Perfect ... Practice Makes Familiar.”*

*Rick C. Benson*