

MONDAY NIGHT SOLUTIONS

I'M GOING TO MISS YOU
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Whether separated by death, divorce, or even just a simple move, it is sad and often difficult to be apart from someone you love. While death is probably the most difficult loss, other types of loss are also very disruptive to our lives and hard to handle. We know that when someone important to us leaves us, life must go on, but how? It seems overwhelming to start life anew. There are some important steps to consider in rebuilding your life after a loss, or in helping someone else do so. Come to Solutions and discover how to find joy and meaning again, even though that special someone is no longer part of your life.

OUTLINE

1. Intro

2. The reality of loss

3. Attempts to deal with it

4. Grief the solution

5. Conclusion