



FOUR PRINCIPLES

1. GRIEVING IS A NATURAL RESPONSE TO CHANGE, LOSS, AND THE DEATH OF A LOVED ONE.
2. GRIEF IS INDIVIDUAL AND HAS ITS OWN TIME AND DURATION.
3. WITHIN EACH INDIVIDUAL -CHILD OR ADULT- IS THE NATURAL ABILITY TO HEAL ONESELF.
4. CARING AND ACCEPTANCE IS IN THE HEALING PROCESS.

support. resilience. healing.
PLEASE JOIN US | CGCMAINE.ORG | 207.775.5216