

43 Losses

There are 43 losses which can produce the range of emotions that we call grief. The long list includes:

- ♥ Death of a Loved One
- ♥ Divorce or the End of a Relationship
- ♥ Moving and many others including loss of health

Grief is Normal and Natural but many of the ideas we have been taught about dealing with grief are not helpful

Experience God's Hope and Healing After Loss

As the facilitator of the Anchored program, Diane brings more than two decades of clinical experience helping individuals navigate the complex landscape of profound loss. Guided by a deep passion for Scripture, Diane has experienced firsthand the transformative power of the Word of God to bring true healing after loss. In her therapeutic groups, she seamlessly integrates professional clinical wisdom together with timeless biblical truths, creating a sacred space to walk alongside those who have suffered devastating losses. The Anchored Program offers a safe, structured environment to break free from the emotional, mental, and spiritual weights of grief. If you are seeking to move past the pain of loss and step into emotional healing, we invite you to register for Anchored by emailing Diane at dsardanopoli@gmail.com or calling her at (201) 873-6496.

Space is limited because Diane has intentionally limited group sizes to ensure each attendee receives focused time and individual support throughout their healing journey. Register today!



Diane Sardanopoli is the Founder of Streams of Living Water, LLC, a center specializing in therapy, consultation, grief coaching, and speaking engagements. For over two decades, Diane has provided therapeutic services to women and young children ages 3 to 11. She treats a wide range of mental health concerns, including anxiety, depression, unresolved grief, and trauma. She designed a four-part seminars series to educate individuals on the impact of loss and help them name beliefs that may be keeping them stuck in grief. Diane also leads life-changing biblically based grief recovery groups to equip individuals to process the myriad emotions connected with loss and heal from losses. To register for one of Diane's groups or seminars and/or book a one-on-one session, please email her at [**dsardanopoli@gmail.com**](mailto:dsardanopoli@gmail.com)

Anchored: Experience God's Hope and Healing After Loss



Bible-based and Therapeutic Grief ♥ Recovery Program for Moving Beyond Loss

The Definition of Grief

Simply defined, grief is the normal and natural reaction to significant emotional loss of any kind. Scripture reminds us that we live in a broken world where heartbreak is real, but God is still intimately near: *"The Lord is close to the brokenhearted and saves those who are crushed in spirit"* (Psalm 34:18). While we never compare losses, any list would include death and divorce as obvious painful losses. Our list also includes many others: moving, pet loss, and health issues, among them. The range of emotions associated with grief are as varied as there are people and personalities. God invites us to pour out our emotions to Him (Psalm 62:8). Just as every relationship is unique, so are the feelings and thoughts each person will have about the relationship that has been altered by death, divorce, or for other reasons. Jesus modeled this authentically as He wept openly at the tomb of Lazarus (John 11:35), yet comforted Mary and Martha each in the unique ways they needed.

The Problem

While grief is normal and natural, most of the information passed on within our society about dealing with grief is not normal, natural, or helpful. Grief is the emotional response to loss, but most of the information we have learned about dealing with loss is intellectual. As the Body of Christ, we are called to *"weep with those who weep"* (Romans 12:15). Yet the world often encourages us to suppress our emotional pain and grief rather process it and work through it in order to receive emotional healing. The majority of incorrect ideas about dealing with loss can be summed up in six myths that most individuals have never questioned whether or not they are valid. The six myths are:

Six Myths

- ♥ Time Heals All Wounds
- ♥ Grieve Alone
- ♥ Be Strong
- ♥ Don't Feel Bad
- ♥ Replace the Loss
- ♥ Keep Busy

Just looking at the myth that "time heals" creates the idea that a person just has to wait, and they will feel better. We have known people who had waited 10, 20, 30, and 40 years, and still didn't feel better. And we know that they would tell you that not only did time not heal them, but that it had compounded the pain. The other five myths carry equally unhelpful messages.

The Solution

Identifying and addressing all of the undelivered communications that accrue in relationships lead to healing from loss. We are all advised to "Let Go," and "Move On," after losses of all kinds. The majority of us would do that if we knew how. Scripture promises that weeping may last for the night, but joy comes in the morning (Psalm 30:5). However, that morning arrives by taking intentional, action steps in your healing journey. Diane will lead you in taking a series of actions that will equip you to work through your grief in order for you to experience God's hope and healing.

Safety and Correct Actions

Anchored, the Bible-based and therapeutic Grief Recovery® Program is a fourteen-week program. Anchored provides a safe environment to look at old beliefs about dealing with loss; to look at what other losses have affected your life; and to take new actions to address and work through the pain attached to a recent loss, or one that occurred long ago. **Our goal is to partner clinical excellence with Christ-centered compassion. The program will provide a sacred space—an environment of grace, free from judgment—where you can honestly face your grief and heartache in order to receive God's hope and healing.**

The Grief Recovery Handbook, The Action Program for Moving Beyond Death, Divorce, and Other Losses, (released by Harper Collins in 1998), and an accompanying format written by Institute founders, John W. James and Russell Friedman is used as the therapeutic text for this program.

Commitment and Attendance

The Anchored Program is not an occasional drop-in group. For the safety and success of all participants, commitment and attendance are essential. Our program includes: Fourteen, weekly, 90-minute group sessions.

Program fee: \$1,400.

(Payments can be made in installments)