



Heal A Wounded Heart With "GoodGrief" Lifecoaching



SHARON ROTH-LICHTENFELD BFA, CPC, ELI-MP,
Certified Professional Life Coach

Grief is a normal reaction to a loss. Heartache is the effect of the wound that is in your heart. It is a partnership, and the pain is inevitable.

As a result of the deep, intense emotions and feelings it feels out of control, like you are going crazy. You are not, you are experiencing grief and heartache.

Think of it like a wound that we have on our physical bodies. The difference is that it cannot be seen. Now, if you don't take care of the physical wound, it will become infected, take a long time to heal or never truly heal. Heartache and grief are the same. Healing from heartache and grief is not forgetting about it or pushing it away, it is a process to go through. Just like a physical wound, with care, the healing process begins and eventually the wound scars over. The scar is the reminder of the event. And like the physical scar as it fades, the wound to our heart can fade as you re-learn how to live once again.

GoodGrief brings support and inspiration to individuals and caregivers through this process.

By creating a safe, caring, understanding, compassionate and confidential partnership, GoodGrief helps you through the heartache so you are fully supported. You will learn how you can take the steps to heal and thrive once again, when you are ready.

Time can heal, however it is what you do with the time that helps you heal. Remember it is the same as a physical wound. How you care for it does make a difference.

So, Why GoodGrief Coaching?

- **Help Through Heartache & Grief** to normalize the experience, know you are not alone and begin the path to healing.
- **Learn How to Cope & Heal** from your heartache. Discover new techniques, tools and skills that help identify and eliminate barriers; release worries, fears and guilt that support you through the process of recovery.
- **Gain Renewed Hope** and find meaning in the most challenging of experiences and the energy to move forward in life.

• **Develop Confidence and Courage** by identifying your strengths and values and harnessing them to the fullest.

• **Thrive Again** by embracing new found courage that helps you towards a positive direction

• **One on one coaching over the phone**, as well as workshops, group sessions, guest speaking In addition, frequent e-mails can be used when a client needs support to overcome some of the more difficult bumps in the road.

Testimonials:

"Talking about the grieving process and doing the letting go exercise made such a difference in my life :) I can never thank you enough for your caring words :) YOU ARE TRULY A GREAT PERSON AND I WISH ALL THE WORLDS BEST FOR YOU!!"

~ Donna, Divorce Client

Call us for more information at **856-270-2308** or visit us at www.goodgriefcoaching.com



It's what **YOU** do with the **TIME**, that helps **YOU** heal.

Sharon Roth-Lichtenfeld, CPC, ELI-MP, BFA

Divorce/Separation • Catastrophic Illness • Death of a Loved One
Caring for Special Needs & Disabilities • Caregiving

ph: 856 . 270 . 2308 • f: 856 . 881 . 8860
e: Sharon@GoodGriefCoaching.com
www.GoodGriefCoaching.com

ABOUT THE COACH: Sharon Roth-Lichtenfeld, CPC, ELI MP, BFA is a Certified Professional Life Coach and Energy Leadership Master Practitioner from the Institute for Professional Empowerment Coaching (IPEC). Sharon works with individuals and caregivers who experience life-changing events like catastrophic illness, divorce, death of a loved one, and caring for a person with physical and/or mental disabilities. With more than 20 years experience caring for people with catastrophic illness, special needs and numerous life changing events in her own life, Sharon has indeed "lived the experience." Through her personal understanding, life experiences, along with her professional coaching skills, she is able to achieve dramatic results when working with individuals or groups, so they can walk through their heartache and grief, and learn to heal and thrive in the face of change and adversity. Sharon can be reached by email at Sharon@goodgriefcoaching.com or by phone at 856-270-2308. www.goodgriefcoaching.com

Schedule of Events

January 11, 2011

GoodGrief "Divorce" Club
FIRST MEETING: 7:30 pm-9 pm
21 Lakeside Lane
Sewell, NJ 08080
856-270-2308
Sharon@GoodGriefCoaching.com

January 18, 2011

GoodGrief Heartache & Grief Club
FIRST MEETING: 7:30 pm-9 pm
21 Lakeside Lane
Sewell, NJ 08080
856-270-2308
Sharon@GoodGriefCoaching.com

January 20, 2011

The Face of Your Bereavement:
7pm-9pm
People In Transition
Gloucester County College
Deptford, NJ
856-415-2264

January 22, 2011

Stop Drop & Roll: Extinguishing The
Flames of Stress: 10am-12 pm
Gloucester County College
Deptford, NJ
<https://conted.gccnj.edu>

If you are interested please email
Sharon at
Sharon@GoodGriefCoaching.com
or call 856-270-2308

January 27, 2011

Finding Hope and Healing Through
The Breast Cancer Journey:
7pm-9pm
Partnering with Norma Roth, Author
of Pink Ribbon Journey and
Eileen Toth, Healing Artisan
Cherry Hill Library
Cherry Hill, NJ
856-667-0300

February 3, 2011

Stop, Drop & Roll: Extinguishing The
Flames of Stress: 7pm-9pm
People In Transition
Gloucester County College
Deptford, NJ
856-415-2264

February 17, 2011

How to Create Your Emotional Buddy
System: 7pm-9pm
People In Transition
Gloucester County College
Deptford, NJ
856-415-2264

Groups that are forming now are:

- GoodGrief Heartache and Grief Club
- GoodGrief Caregiver Time-Out Club
- GoodGrief "C" Club for Individuals with Cancer
- GoodGrief Divorce Club: Before, During and After
- GoodGrief Give me a Break Club:
For parents of Special Needs Children

ATLANTIC COUNTY RESOURCE GUIDE

• HOPE

(Helping Other People Evolve, Inc)

For those recently widowed

Linwood Chapter

Central United Methodist Church
5 W. Marvin Ave.

Linwood, NJ 08221 Mondays, 3:30 p.m.

(856) 234-2200 or (888) 920-2201

Smithville Chapter

Emmaus United Methodist Church

706 E. Moss Mill Road Smithville, NJ 08205

Wednesdays:

Morning Chapter 11a.m.

Evening Chapter -- 7 p.m.

(856) 234-2200 or (888) 920-2201

• Atlantic City Grief Support Group:

Mutual support for anyone who has lost a loved one due to natural causes, suicide, homicide or sudden death. Meets 2nd Wed 6:30-8:30pm. AtlantiCare, Healthplex, 1401 Atlantic Ave, Atlantic City Pre-registration is required. Call 609-272-2424 or AtlantiCare Access: 888-569-1000 (day)

• **Coping with Loss:** Mutual support and education for persons grieving the death of a loved one. Group runs for 6 week sessions, 4 times per year. Egg Harbor Township. Call 609-272-2424 (day)

• **Living With Loss:** Support for anyone who has lost a loved one to cancer. Thursdays 6-8pm Gilda's Club South Jersey,

555 Bay Ave., Somers Point.

Call first: Barbara Ferrera 609-926-2699

(day) web site: www.gildasclubsouthjersey.org

org e-mail: info@gildasclubsouthjersey.org

• Heartbreak To Healing

Grace Lutheran Church

11 East Dawes Avenue (Shore Road)

Somers Point, Contact Person:

Dolores Thomas (609) 345-3230

Leadership Type: Peer

Meetings/Month: 1 - last Tuesday of each

month at 7:30 PM

• The Family Resource Network

1 AAA Drive, Suite 203

Trenton, NJ 08691

Phone: (800) FRN-2345 or

(609) 392-4900, Fax: (609) 392-5621

• Central Regional Office

2516 Route 35 Manasquan, NJ 08736

Phone: (800) 336-5843 TDD

Users call through NJ Relay at

(800) 852-7899 Fax: (732) 528-4744

• Southern Regional Office

Sentry Office Plaza 216 Haddon Avenue,

Suite 239 Westmont, NJ 08108

Phone: (856) 858-5900 Fax: (856) 854-5171

• Shore Area Office

Lions Head Office Park 35 Beaverson

Blvd. Building 11 Brick, NJ 08723

Phone: (732) 262-8020 Fax: (732) 262-4373

• Caregivers of New Jersey

Phone: (877) 265-6360