

“Life After Loss: Journey Through Grief”

- Dealing with the death of a loved one can be among life’s most difficult and stressful experiences. While everyone grieves differently, all experience a range of emotions that are important in healing. Research shows that those who give time and honest expression to their grief in community with others who care, listen and understand are often able to move through grief in ways that bring greater healing and wholeness. Providing this community of support is the goal of this 5-week support group
- A five-week support group/psycho-spiritual educational experience for those who have had a significant loss in their life during the past 2 years.
- Weekly topics include:
 1. . Stages of Grief and Loss and What to Anticipate
 2. Guidelines for Growing through Loss/Warning Signs for Complicated Grief
 3. Self-Care, Milestones and Non-grievors
 4. Positive/Negative Issues Related to Religious Faith and Grief
 5. Saying Goodbye and Carrying the Light Forward