

## **SEASONAL GROUP: GRIEF CARE**

If you've lost a spouse, child, family member, or friend, you've probably found there are not many people who understand the deep hurt you feel. This can be a confusing time when you feel isolated and have many questions about things you've never faced before. During the weeks, months, and years after your loss, you may experience a tangled range of emotions and feeling. It is helpful to learn that these are normal; that you're not losing your mind.

### **What is Grief Care?**

Grief Care is a support group that meets for 2 hours, once a week, for 13 sessions.

Grief Care groups meet weekly to help you face the challenges of losing a loved one and move toward rebuilding your life.

Each Grief Care session has three distinct elements:

- Video seminar with experts - Each week your Grief Care group will watch a video seminar featuring top experts on grief and recovery subjects. These videos are produced in an interesting television magazine format featuring expert interviews, real-life case studies, dramatic reenactments, and on-location video.
- Support group discussion with focus - After viewing the video, you and the other group members will spend time as a support group, discussing what was presented in that week's video seminar and what is going on in your lives.
- Personal study and reflection - During the week you will have the opportunity to use your workbook for further personal study of the grieving process and to help sort out your emotions through journaling. Your group will spend time discussing questions and comments from the workbook study.

The group leaders have experienced their own journey through grief and have learned to be sensitive and supportive to those grieving. They are there to encourage you and facilitate the process of learning, sharing and listening to others. They are not there as counselors or therapists.

· You'll become part of a "family." Grief Care group members often relate that they feel like their group has become a family, that they made new friends and are around people they can relate to.

· You'll discover hope for the future. While things may look bleak now, you'll learn ways to restore your hope and rebuild your life. Many who have been part of this group tell us the group helped them move from deep grief to peace and a sense of joy again.

### **Who is it for?**

- Grief Care is for people grieving the death of a family member or friend.
- It may be a recent loss, a series of losses, or something that happened a long time ago but is still troubling or interfering with building a new life.
- Grief Care is for adults only. If you have children who are grieving, we can provide some resources to help you talk with and support them.

### **What do the sessions cover?**

Here are some of the themes covered during our weekly sessions.

- Common responses to the death of a loved one
- Challenges that grieving presents
- Writing a Grief Letter to help others understand what you're going through
- How to ask for and accept help
- Caring for grieving children
- Facing the tough questions: "Why"
- Overcoming anger and guilt
- Learning from your grief
- Heaven and the after-life
- What do I live for now?
- Will life return?