

## GRIEF SUPPORT GROUP

## SUPPORT GROUP FOR THE GRIEVING

*It doesn't matter how or when you lost a loved one, there are common issues that we all face. Just knowing that you are not alone is a big help.*

*Talking to other folks who share your same concerns can help you cope with your personal issues and find the inspiration to continue with the challenges that are part of your every day life.*

*The Family Life Center Group will provide a place where you can meet those helpers.*

The Family Life Center  
Grief Group  
Six Tuesday Evenings,  
7-9 PM  
Beginning May 5, July  
28, and October 13,

The Family Life Center

703 Compton Road  
Cincinnati, Ohio 45231



The experiences of others can help us understand ourselves and our feelings.

A Faith-Based Outreach of  
Northminster Presbyterian  
Church

Tel: 513-931-5777 for  
information and for other  
groups that provide help for  
all ages and stages of life &  
life transitions

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 Grief Group  
 Six Tuesday Evenings,  
 7-9 PM  
 Beginning May 5, July 28, and  
 October 13, 2009

## GRIEF GROUP SUPPORT INFORMATION

When it comes to grief, no two situations are exactly alike. We all have strong emotions about what happened. This group will help with information about:

- Adjusting to the change in your life and grief over your loss. Cherishing positive memories of your loved one.
- Giving up unrealistic expectations that may lead to guilt and frustration.
- Developing a strong support system.
- Sources of self-esteem, how to develop better self-esteem & reduce stress.
- Success stories of other members.
- Balancing family and personal needs.
- Creative self-care strategies, especially with others who give advice too soon.
- Assurance that your life

can become a new "normal," whatever that is for you.

No fee for class or for books loaned free for your use from the FLC library.

### Sources of Information:

The group facilitators utilize resources including books, hand-outs and group discussion. Books can be borrowed from the Family Life Center Library. Session design is flexible in order to address the specific needs of those who are participating.

### Class Facilitators:

The Grief Team is composed of several persons who have survived a significant loss in their lives. They are caring people who have pursued training in how to cope with losses and in support group leadership.

FORMAT: Group meets weekly on Tuesday evenings from 7-9 PM. We will cover the material through book review, handouts and small group discussion.

All information shared is kept confidential. Each participant receives a personal workbook to use and keep. Each member's timeline for personal grieving is honored explicitly. The experience of group members contributes to the

Rejoice with those  
 who rejoice, weep  
 with those who  
 weep.  
 ~Romans 12:15



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 Cincinnati, Ohio 45231

Bring or mail completed form to address  
 above or fax to: 931-0260  
 E-mail: FLC@nmpchurch.org

### Registration for Grief Support Group:

Sign up for: \_\_\_\_\_ Time \_\_\_\_\_ Price \_\_\_\_\_  
 6 Tuesdays beginning \_\_\_\_\_ 7-9 PM FREE !!  
 I will need child care during class FREE !!  
 Number of children: \_\_\_\_\_  
 Ages and names: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Total: FREE !!

Name \_\_\_\_\_

Address including zip code \_\_\_\_\_  
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Phone and e-mail \_\_\_\_\_

How did you hear about us?