

GRIEF RECOVERY

REAL HELP FOR DEEP HURT

Community * Understanding * Support * Encouragement

Sydenstricker United Methodist Church offers the GriefShare program, a weekly support group for those grieving the loss of a loved one. GriefShare is a caring group of people who like you are experiencing grief. You will walk together and support each other through the grieving process. The GriefShare group is led by people who understand what you are going through and want to help. You'll gain access to valuable GriefShare resources to aid you in recovering from your loss and in rebuilding your life.

The finality of death is hard to accept, and that's what a grief group is about - helping you to accept that reality so that you can go on with your life.

Each weekly GriefShare session has three distinct elements:

- * At each session, the group will watch a video seminar featuring top experts on grief and recovery as well as real-life stories from people who have experienced losses like your own.
- * During the group discussion time, there will be a chance for everyone to react to the video presentation and to share their own experiences and what is currently going on in their lives.
- * A participants' workbook provides further individual study of the grieving process through the week and an opportunity to sort out emotions through journaling. Your group will then spend time during the next weekly session discussing questions and comments from the workbook study.

GriefShare videos and reading materials are nondenominational, but Biblically based. There are a total of 13 sessions. You are welcome to begin attending GriefShare at any session, as each weekly topic is self-contained rather than sequential. You will find encouragement and help whenever you begin.

For more information or to register for GriefShare, please call the church office at 703-451-8223 or email SUMCcares@aol.com