



## We're offering a helping hand...

For those journeying through grief. We offer a continuing program of grief support for all who have lost a loved one. Come and learn about the grief process (it really is a process, even though it may not seem like one!). Together we have a place to share our experiences in a safe and confidential setting that offers the hope of personal growth and healing. All are welcome!

## Weekly Meetings

We meet every Tuesday except holidays:

- 4:00 Registration and refreshments
- 4:30 Devotions and Education
- 5:00 Small group discussion sessions
- 6:00 Adjourn

The small group discussion sessions serve those grieving specific losses, such as the loss of a spouse, child, friends and family members.

Together we grow through our griefs.

## Grief Coalition

Christus Victor Lutheran Church

Grace Evangelical Lutheran Church

Immaculate Conception Catholic Church

Pilgrim United Church of Christ

Project Compassion

St. Paul Lutheran Church

Westminster Presbyterian Church

**M**ore churches and organizations are welcome to join this Coalition! Contact the Grief Coalition for more information:

[growingthrugrief@gmail.com](mailto:growingthrugrief@gmail.com)

# Growing thru Grief

Walking alongside those who are grieving



Photo by Leonard Beeghley

A program of the Grief Coalition of area organizations and Christian churches to offer support and education to those who mourn

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## How Growing thru Grief works

### 1. Entire group meets

After refreshments and registration, we all gather for a general session featuring a brief presentation about grief's journey.

### 2. Small group discussion sessions

Each group will have two trained facilitators who will help the group focus on the specific kind of loss.

### Where do we meet?

Currently, all meetings are held at St. Paul's Lutheran Church, 1200 West Cornwallis, Durham. In the future, sessions may be held at other area churches.

### Trained volunteers

Discussion sessions are led by trained volunteers.

## Sample Topics for Group Discussion

- Understanding Grief
- Grief as a Spiritual Journey
- Loss, Grief and Identity
- Coping with Grief—Anniversaries and Holidays
- Complicated Grief
- Remembering and Re-membering
- Living through and Beyond Loss
- Self-Care and Grief

## Educational sessions

Twice a year, we offer a series of six-week teaching sessions on the above topics.



During the remaining weeks, the entire session will be devoted to small group discussion or include a combination of grief-related presentations and small group discussion. Many have found these meetings helpful.

This is a place to share grief with those who understand the journey. This is an open program, so feel free to come when you can.

Growing thru Grief is patterned after the West Suburban Grief Coalition in Plymouth, Minnesota. This group has continued for years.

## Want to know more?

Please send your questions to:

[growingthrugrief@gmail.com](mailto:growingthrugrief@gmail.com)



Photo by Leonard Beeghley

**G**ive sorrow words; the grief that does not speak knits up the over-wrought heart and bids it break.  
—William Shakespeare

**T**here is no grief like the grief that does not speak.  
—Henry Wadsworth Longfellow