

Grief and Loss Support Group

Moving Through Grief to Healing

Grief is the natural response to profound loss, and we each experience and express our grief differently.

Society can encourage us to “get over it and get on with life,” which can lead to further pain and isolation.

It can help to talk in a warm, supportive, and confidential environment with others who have experienced losses.

The benefits of a group:

- **Healing** – Talking with others about a loss or trauma—rather than being silent—can promote better health, emotionally and physically
- **Hope** – Seeing that others have survived a loss and learned ways to cope can help us feel more hopeful that we, too, will be okay
- **Practical Information** – In addition to the emotional toll, life after a loss can pose new tasks or challenges. Other group members often have practical advice
- **Friends** – Groups can lead to lasting friendships. Bonds form when we find those who understand how it feels to experience a loss and are not afraid to talk about it

This is an on-going group that will meet twice a month.

You are welcome to join us as often as you wish.

When: During November and December, 1st and 2nd Wednesday of the month
(starting in January 2015, 1st and 3rd Wednesday of the month)

Time: 7:00-8:15 pm

Place: Room 205, Michaux House, St. James’s Church, 1133 W. Franklin Street

The group is facilitated by Catherine Ferguson, LCSW, a St. James’s Church member.