GRIEF SUPPORT GROUPS

Prince of Peace Luutheran Church Information and Interest Sheet

**What is a Grief Support Group?** A small group (4-8) of people who gather together with a group facilitator. The group can provide emotional, physical and spiritual support in a safe and nonjudmental environment. It allows you to be with others who have had similar experiences, thoughts and feelings.

 **Who Should Consider Being in a Grief Support Group?** Anyone who has experienced the death of someone significant in their life; spouse, sibling, child, parent, other relative, friend, companion, neighbor, co-worker……… Maybe you have experienced the deaths of several people in a short time span. Grief has no timeline, so your loss may be recent or in the past. These groups are also open to people you may know that are not members of Prince of Peace, but would benefit from being a part of a group. Be a part of a support group if you want to be supported as you grieve your loved one.

Each support group will meet for 8 sessions with a time frame of 90- 120 minutes each session. Prince of Peace will offer two different time options to hopefully meet the needs of those interested during the spring months.

We can offer an evening time or a daytime option if the need is present.

The support groups will be facilitated by Nancy Scheuerman. Nancy recently completed a Grief Support Companioning Training program and is prepared to lead the grief support groups.

We will use a Companioning Model for the group sessions called: Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart by Alan Wolfelt, PhD. Group participants will receive this book and other resources to help them in their grief journey. Companioning is a model that honors the idea that grief is a normal and necessary journey, but it is helpful having someone be with you on that journey.

Please contact Nancy Scheuerman 920-731-9847 or nancy631@sbcglobal.net if you have questions, to sign up, or need more information.

Grief Support Group Interest- Please return to the church office, Cindy Romnek or one of the pastors.

**Please return by March 8, 2020.**

\_\_\_\_\_\_ I am interested in an evening support group. What evenings will work?\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_ I am interested in a daytime support group. What days will work ?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_ I am interested in a Grief Support Group, but have questions, please call me.

\_\_\_\_\_\_ I am aware of someone else who may be interested in a group, please call me.

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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