



GRIEF SUPPORT GROUPS

Prince of Peace Lutheran Church, Appleton

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 nonjudgmental 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 a person 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. 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 90-100 minutes each session. Prince of Peace will offer an evening time and a daytime option, if the need is present.

The evening group would meet on Monday evenings at 6:30 PM beginning October 3, 2022.

The daytime group would meet on Tuesday mornings at 9:30 AM beginning October 4, 2022.

Groups meet in the Congregational Life Room (CLR) at Prince of Peace.

The support groups will be facilitated by Nancy Scheuerman, member of Prince of Peace. Nancy has completed a Grief Support Companioning Training program and additional training with Alan Wolfelt. She has conducted previous groups over the past 3 years.

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. Dr. Wolfelt is a respected leader in the field of grief and death, and you may visit his website, www.centerforloss.com, for more information about his work. 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. This will be a chance to walk alongside one another, just as the disciples did when Jesus sent them out, as we follow Jesus to give support to each other. We each have our own journey...

Please contact Nancy Scheuerman via email at Hopeandhealing@popappleton.org if you have questions, to sign up, or need more information. Or you may call the church office at (920) 739-5255 and indicate your interest and contact information.

We will need you to sign up **by Monday, September 26** so that we may plan for the groups.

_____ I am interested in the evening support group.

_____ I am interested in the daytime support group.

_____ 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 _____

Phone number _____