



GRIEF SUPPORT GROUPS

Prince of Peace Lutheran Church, Appleton
Information and Interest Sheet

Would you be interested in a Grief Support Group??

Have you experienced the loss of a loved one? Has the death of a loved one been on your mind?

Grief Support Groups are provided to help people navigate the many facets/moods/feelings of grief. Grief is not confined to a certain timeline or with specific steps. Grief is an individual journey, but a support group can provide you with the valuable companionship you need at this time in your life.

The death may have been recent, or in the past...but if you feel you would benefit from the loving support of fellow Christians, I encourage you to consider participating in one of **Prince of Peace's Grief Support Groups**.

Nancy Scheuerman will facilitate these groups in the next two months. Nancy uses her knowledge of the grief process from training and the materials of Dr. Alan Wolfelt of the Center for Life, Loss and Transition.

Two groups are being planned, *if enough interest.

It is best if you can attend all six sessions, but it is understood that you may have to miss a session due to previous plans.

Monday evenings from 6:00 PM to 8:00 PM · February 6, 13, 20 and March 13, 20, 27

Friday mornings from 9:00 AM to 11:00 AM · February 3, 10, 17 and March 17, 24, 31

Please call Nancy (920-427-6715) or email her at Hopeandhealing@popappleton.org for more information and/or to indicate your interest in being included in a group.