



What is a Grief Support Group?

A grief support group provides a safe place to share feelings, memories, and concerns with others who are also grieving the death of a loved one. Participants activate their grief journey with meaningful mourning.

A small group is usually made up of 3-6 people and meets with a leader/facilitator who helps to guide and companion the group.

We meet for 6-8 sessions that are 90-120 minutes in length.

Specific dates will be provided when the group is formed.

Prince of Peace Lutheran Church

Loss, Healing and Hope Grief Support is a Ministry dedicated to providing support for those living with loss.


CONTACT US

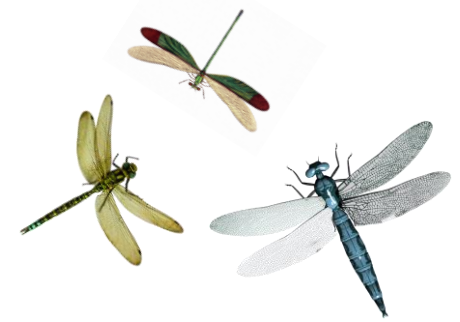
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GRIEF SUPPORT GROUPS FOR THOSE WHO ARE GRIEVING THE DEATH OF A LOVED ONE

Prince of Peace Lutheran Church
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HONORING GRIEF LIVING WITH HOPE

GRIEF SUPPORT
GROUPS FOR THOSE
WHO ARE GRIEVING
THE DEATH OF A
LOVED ONE

*Prince of Peace Lutheran Church
Appleton, Wisconsin*



Companioning Model of Support for Grief Support

Each group participant receives the book Understanding Your Grief by

Dr. Alan D Wolfelt and the The Understanding Your Grief Journal by Dr. Alan Wolfelt

We use the readings from the book which teach us about the Ten Touchstones of Grief. Other resources are also shared as we journey together and learn how to companion each other.

The cost of the books and materials are covered by a grant through the Prince of Peace Foundation Mission Endowment Grant and Helping Hands Outreach Ministry

Grief is unique to each person, and yet it is with each other that we can learn to provide a listening ear and support to grieve. When a loved one dies you have a need for ongoing support that can help with your healing and the realization of your “new normal” without your loved one. Grief has no timeline, and your loss may be recent or in the past. A group can provide the much-needed support for you to embark on your path to healing and hope.

*“this shared time helped me to realize I was not alone in my grieving. ...Helped me face it (grief) and begin to move forward in life!
~ 2019 group participant testimonial*

*“I waited 8 years for the pain of my loss to go away. It doesn’t just go away. Thank you for giving me the tools to move on with my life in a healthy manner.”
~ 2023 group participant testimonial*

Please contact Nancy Scheuerman if you wish to learn more about the support groups and indicate your interest in being included.

Contact information is on the back of this brochure.



Nancy Scheuerman
Support Group Leader/Facilitator

Nancy Scheuerman is a member of Prince and Peace Lutheran Church and a volunteer with the Loss, Healing and Hope Ministry Team.

Nancy has completed 40 hours of grief training (Honoring Grief, Intending to Heal). She has also completed over 60 hours of training with Dr. Alan Wolfelt, respected grief counselor, author, educator, and founder of the Center for Loss and Life Transitions in Ft. Collins, Colorado. Nancy has conducted grief support groups since 2019. Nancy is a retired Appleton Area School District educator/principal and active community volunteer.

“I will be with you, sit with you, listen to you, feel along with you, and be a companion as you grieve.” ~ Nancy