

## **Growing Through Grief Workshop**

### About the Program

The overall goal of the three-part program is to learn to grow through grief, to understand what we and others go through when someone we love dies, then maybe we won't be so hesitant to reach out to those around us, adults and children, to be able to help in a loving and compassionate way.

The group will meet weekly for three sessions. Each session will be two hours, from 5:30 pm-7:30 pm. Participants are encouraged to interact, but will not be pressured to do so. We will respect the confidentiality of whatever is shared.

### LEARNING OBJECTIVES

During this time participants will be given opportunities to:

- Increase understanding of the grief process
- Recognize health manifestations of grief
- Express and accept different feelings of grief
- Develop healthy coping behaviors
- Learn how to support one another
- Grow personally
- Develop a support system both within and outside the group

### SOME TOPICS THAT WILL BE COVERED

- grief: the gift of loving
- grief...mourning...bereavement
- losses that can cause grief reactions
- manifestations of normal grief
- grief: a normal and natural response to loss
- the 4 Tasks of Mourning: "The Work"
- understanding patterns of avoiding grief
- remembering: giving sorrow words
- helping a friend in grief: a natural response of an open heart

Acceptance and expression of your emotions and feelings are two important keys to reconciling your loss.