

Grief Support

Topics for Discussion

Session 1	<i>Living with Grief.</i> Understand what living with grief is like and what it means to “ <i>rush through your grief.</i> ”
Session 2	<i>The Journey of Grief</i> Gain valuable insight into the journey of grief. It emphasizes that everyone's journey will be unique and warns against comparing grief experience
Session 3	<i>The Effects of Grief</i> Grief is debilitating - and can knock the strongest person off balance. This explains that this is normal and suggests practical ways to find much needed comfort.
Session 4	<i>When Your Spouse Dies</i> Help for widows and widowers who must think through the critical issues involved in their healing. It begins to prepare <u>any grieving person</u> for the realities without their loved ones.
Session 5	<i>Your Family & Grief</i> Looks at ways to keep a family afloat when its members are drowning in grief. It also presents some of the unique issues involved in grieving the death of a child.
Session 6	<i>Why?</i> This session answers "Why" questions and encourages group members to begin asking other questions as well.
Session 7	<i>The Uniqueness of Grief, Part 1</i> Explore how the causes of, and personal responses to a loved one's death affects grief. Topics addressed include suicide, long-term illness, murder and false guilt.
Session 8	<i>The Uniqueness of Grief, Part 2</i> Relationships, past and present, affect individual grief. This session helps participants address insensitive comforters and unresolved conflict with a deceased loved one.
Session 9	<i>God's Prescription for Grief</i> The bereaved are often overwhelmed by the advice they receive from others. And often, what goes unnoticed is what God says about healing. Learn how to position yourself to experience God's healing.
Session 10	<i>Stuck in Grief</i> It's easy to get stuck along the journey of grief. This session explains how to keep moving on the path to healing.
Session 11	<i>Top 20 Lessons of Grief, Part 1</i> Those who have walked the journey of grief share what they have learned and how they've grown from their grief experience.
Session 12	<i>Top 20 Lessons of Grief, Part 2</i> <i>Top 20 lessons of grief, pt. 2.</i> This session unveils the most significant lessons that can be learned during grief.
Session 13	<i>HEAVEN!</i> This session gives practical advice on how to tap into, and hold onto, the source of hope in this disappointing world. (FINAL SESSION).