



## Grief Support ~ Group Meetings

**TIME:** *Wednesdays* ~ 1:15 pm – 3:15 pm (note: there are breaks in between each 13-week group)

**LOCATION:** South Niagara Life Ministries Main Office ~ 143 Gilmore Road; Fort Erie, ON

<b>2019 SCHEDULE ~</b>	<b><u>Session 1</u></b>	~	<b><i>February 13, 2019</i></b>
	<b><u>Session 2</u></b>	~	<b><i>February 20, 2019</i></b>
	<b><u>Session 3</u></b>	~	<b><i>February 27, 2019</i></b>
	<b><u>Session 4</u></b>	~	<b><i>March 06, 2019</i></b>
	<b><u>Session 5</u></b>	~	<b><i>March 13, 2019</i></b>
	<b><u>Session 6</u></b>	~	<b><i>March 20, 2019</i></b>
	<b><u>Session 7</u></b>	~	<b><i>March 27, 2019</i></b>
	<b><u>Session 8</u></b>	~	<b><i>April 03, 2019</i></b>
	<b><u>Session 9</u></b>	~	<b><i>April 10, 2019</i></b>
	<b><u>Session 10</u></b>	~	<b><i>April 17, 2019</i></b>
	<b><u>Session 11</u></b>	~	<b><i>April 24, 2019</i></b>
	<b><u>Session 12</u></b>	~	<b><i>May 01, 2019</i></b>
	<b><u>Session 13</u></b>	~	<b><i>May 08, 2019</i></b>

The **Group format** is designed to help with recovering from the deep hurt and grief that comes from losing someone. Grief Support Sessions include several key elements for working through the healing process:

- **Support:** If you have experienced a death and are having difficulty processing your loss, you are welcome to become part of our small support group.
- **Group Co-Leaders:** Leaders guide the group through its time together in viewing a weekly video, leading the discussion over a set of correlating questions, and giving time to share and support one another. **Facilitators:** Daisy & Bob May.
- **Video:** Every session there will be a viewing of a video by experts presenting a variety of issues as related to grief and loss.
- **Work book:** Each participant will get greater benefit by working through a section of the workbook each week, at home. Workbooks expound upon the group teaching and also aides with personal healing.
- **Between Sessions:** Participants will have time for 1) *Personal Reflection* re what was shared at the group meeting, 2) working through the workbook, and 3) considering how these concepts apply in their lives, situations, and personal circumstances.

For more information, please call South Niagara Life Ministries during office hours **905.871.0236** or by emailing Daisy May at [dmay59@gmail.com](mailto:dmay59@gmail.com)