

## Weekly Schedule

The weekly format of the Grief Recovery Workshop combines an informative teaching time with a supportive talk-it-over group time:

6:45 - 7:00 pm	Registration/Coffee
7:00 - 7:50 pm	Guest Speaker
7:50 - 8:00 pm	Recovery Testimonial
8:00 - 9:00 pm	Refreshments and Talk-It-Over Groups

## Workshop Topics

Our guest speaker for Grief Recovery Workshop is Craig Henry. Talk-It-Over Groups are led by trained small group facilitators who have experienced grief and loss personally: Dave and Elaine Griswold, Herb and Norma Sutter.

- Jan 17    **What's Happening to Me?**  
*the experience of loss*
- Jan 24    **How Long Will Recovery Take?**  
*the journey of grieving*
- Jan 31    **What Can I Do to Help Myself?**  
*strategies for self-care*
- Feb 7      **Why Me?**  
*handling anger, guilt & depression*
- Feb 14    **Must I Let Go to Move On?**  
*sharing treasured memories*
- Feb 21    **Where is God in All of This?**  
*finding divine help*
- Feb 28    **Is There a Purpose in My Pain?**  
*when life doesn't make sense*
- Mar 6     **Where Do I Go From Here?**  
*potluck dinner (6:30 pm) celebrating  
the new hope & healing in our lives*

## Grief Recovery Workshop

First Friends Church  
5455 Market Avenue, N.  
Canton, Ohio 44714  
330.966.2800  
[www.firstfriends.org](http://www.firstfriends.org)

# Grief Recovery Workshop



Coping with the Death  
of a Loved One



January 17-  
March 6, 2012

First Friends Church  
5455 Market Avenue, N.  
Canton, Ohio 44714  
330.966.2800  
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## Help, Hope and Healing

Recovering from a loss is not just a matter of time, but it is helped by loving support. Let others who have also experienced deep loss be there for you through difficult days.

Grief Recovery Workshop provides a safe, confidential place where a person can discuss issues and feelings with others who are also experiencing the devastating pain of loss. Participants are guided through the loss process with the goal of putting their lives back together and beginning to live again.

Grief Recovery Workshop offers specialized Talk-It-Over Groups for anyone who has lost a loved one through death:

- \* those who have lost a spouse
- \* those who have lost a child
- \* those who have lost a parent
- \* those who have lost a brother or sister
- \* those who have lost a friend
- \* survivors of family member's traumatic death (*suicide, homicide, AIDS, etc.*)

You may also come to support a friend who is attending.



Grief Recovery Workshop offers God's help:

*"For I know the plans I have for you, says the Lord, to give you a future and a hope."*

Jeremiah 29:11

## Registration Information

Registration costs have been kept to a minimum. The registration fee provides a copy of Norm Wright's book, *Experiencing Grief* and workshop materials.

## Child Care

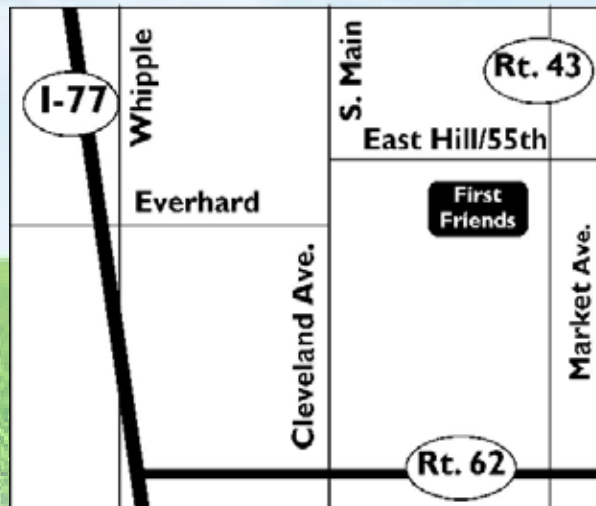
Child care is available on a donation basis for your children nursery through grade 6, *if reserved in advance.*

Register on-line at:

[www.firstfriends.org/grief-recovery-registration-form](http://www.firstfriends.org/grief-recovery-registration-form)

## Workshop Location

GRW will be held at First Friends Church (5455 Market Ave, N, Canton, OH 44714), which is located at the corner of Market and 55th St, NW



# Grief Recovery Workshop

January 17- March 6, 2012

Name \_\_\_\_\_

Address \_\_\_\_\_ Apt \_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Gender: \_\_\_\_ Male \_\_\_\_ Female

Age: (circle one): 20s 30s 40s 50s 60s

I have experienced the loss of: (spouse, child, friend) \_\_\_\_\_

I will need child care for \_\_\_\_ child/children; ages: \_\_\_\_\_

Please fill out this form and return it to with your check, payable to:

### First Friends Church

Send to: GRW  
First Friends Church  
5455 Market Ave, N  
Canton, Ohio 44714

\_\_\_\_ Early Registration \$20 (couples \$30)  
(before January 11)

\_\_\_\_ Registration \$25 (Couples \$35)  
(after January 11)

How did you hear about this workshop?

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