



# A Journey TOGETHER

*...that you may not grieve as others do who have no hope...*

I Thessalonians 4:13b

"I made many new friends and met many special people through the workshop. Because we had all experienced the death of a loved one, I was able to talk openly and freely about my loss."

"I was really able to come to terms with my grief and the struggle to go on to a productive life. I would recommend this workshop to others."

"You accepted all of us right where we were without any pressures. We learned through the lessons every week how to build on the tools you provided."

"I had lost sight of my faith and felt abandoned by God. The realization that needed to be pointed out in my state of grief when I first came to the workshop was that God is always there. That has made a huge difference in my life and how I now cope with the grief."

## WORKSHOP DETAILS

The Grief Workshop is designed to help those grieving the death of a loved one by providing an emotionally safe environment and tools for dealing with the loss. It provides growth opportunities from a Christian perspective leading to health and wholeness.

Although professionals have helped to develop this program, the workshop is not a substitute for individual counseling or professional therapy. Participants will be placed in small groups with others who have had similar losses. The facilitators of the small groups are former participants who have experienced the death of a loved one. The range of topics to be discussed include:

*Emotions*

*Grieving process*

*Coping*

*Faith in grief*

*Communication*

*Expectations and Reality*

*Decisions*

The Grief Workshop is open to anyone who has lost a significant person to death. Each night will open with a teaching presentation followed by small group discussion. With enough participants, we will offer a special small group for suicide loss.

**Monday evenings, April 9 – May 21, 2018**

6:30-8:30 p.m.

Please arrive by 6:10 p.m. on first evening of workshop

**First Presbyterian Church, Cathedral Room**

Enter through Weber Street main doors

### Registration Fee

Register by April 2 and pay \$40/person or \$60/married couple

After April 2

\$45/person or \$70/married couple

**To ensure proper size of group for your benefit, registration and payment is requested by April 2.**

Mail registration form and payment to:

**Congregational Support  
First Presbyterian Church  
219 East Bijou Street  
Colorado Springs, CO 80903**

**719.884.6145  
www.first-pres.org**

(Checks payable to First Presbyterian Church, Mail to Congregational Support, 219 East Bijou Street, Colorado Springs, CO 80903)

## GRIEF WORKSHOP REGISTRATION FORM – SPRING 2018

Amount Enclosed  
\$ \_\_\_\_\_  
Check # \_\_\_\_\_

Please use a separate form for each person.

Name of Participant \_\_\_\_\_

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

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ E-mail \_\_\_\_\_

*Provide the following information for group planning purposes.*

Your Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Relationship of deceased to you \_\_\_\_\_

Cause of death:  Accident  Illness  Suicide  Other (Specify) \_\_\_\_\_

Date of death \_\_\_\_\_ Age of deceased \_\_\_\_\_ How did you learn about this workshop? \_\_\_\_\_

List any family members and their relation to you, that will be attending this same workshop \_\_\_\_\_

**Workshop Fee: \$40/person or \$60/married couple if paid by September 8th**

If registering after April 2, the cost is \$45/person or \$70/married couple.  
(Payment required with registration. Please make checks payable to First Presbyterian Church)