"Omade 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."

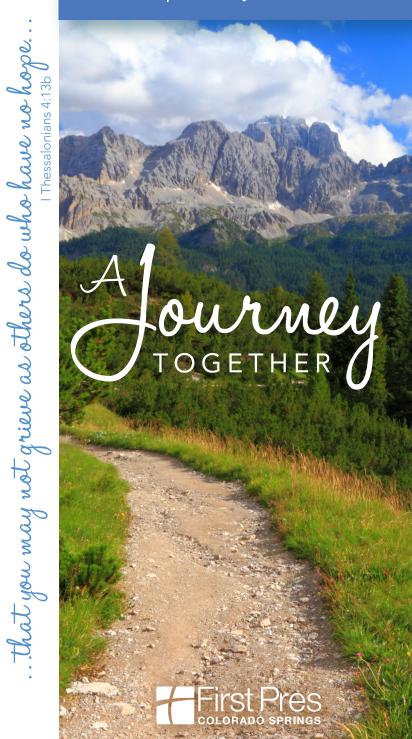
Was really able to come to terms with my grief and the struggle to go on to a productive life. I would recommend this workshop to others."

Gou 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."

"Ohad 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."



THE GRIEF WORKSHOP April 9 – May 21, 2018



he 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

WORKSHOP DETAILS

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 Pre G R I E F	sbyterian Church, Mail t WORKSHOP Please	Mail to Congregational Support, 219 Ea DP REGISTRATION FORN Please use a separate form for each person.	ist Bijou Street, Colorado Spring 1 – SPRING 2018	js, CO 80903) Amount Enclosed \$ Check #
Name of Participant				
Address		City	Zip	
Home Phone	Work Phone	ш	E-mail	
	Provide the follow	Provide the following information for group planning purposes.	up planning purposes.	
Your Date of Birth	Age	Relationship of d	Relationship of deceased to you	
Cause of death: □ Accident □ Illness □ Suicide	□ 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 $$	eir relation to you, that	will be attending this sar	me workshop	
M	orkshon Eaa. \$40/nars	on or \$60/married rour	Workshon East \$40/narson or \$60/marriad rounds if naid by Santambar 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)