"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."

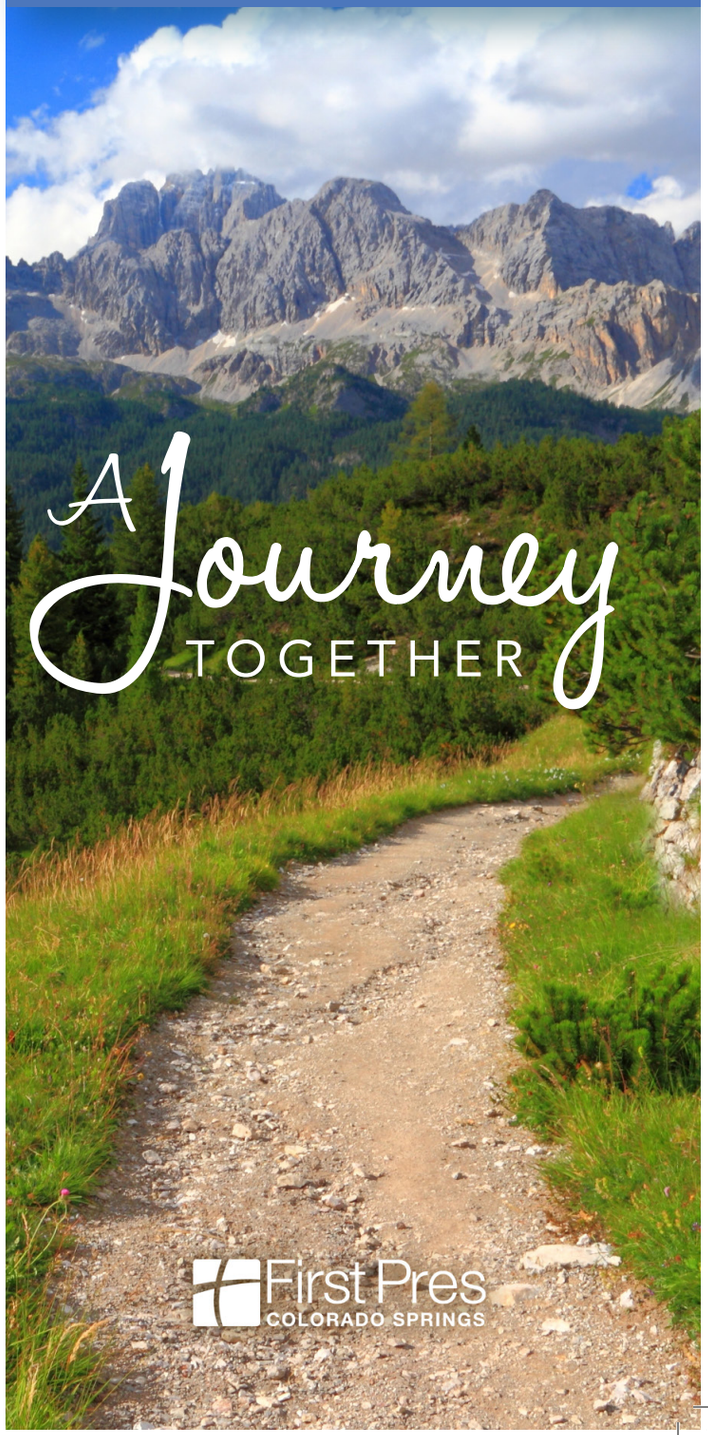
First Pres
COLORADO SPRINGS
219 E BIJOU ST
COLO SPGS CO 80903
WWW.FIRST-PRES.ORG

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

I Thessalonians 4:13b

THE GRIEF WORKSHOP

September 10 – October 22, 2018



A Journey TOGETHER

First Pres
COLORADO SPRINGS

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

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
September 10 – October 22, 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 September 4 and pay
$40/person or $60/married couple

After September 4
$45/person or $70/married couple

To ensure proper size of group for your benefit, registration and payment is requested by September 4.

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 – FALL 2018

Please use a separate form for each person.

Amount Enclosed
$ _____
Check # _____

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 4
If registering after September 4, the cost is $45/person or $70/married couple.
(Payment required with registration. Please make checks payable to First Presbyterian Church)