

St. Benedict Catholic Worker *Grief Education and Support Group* Fall 2019

Thank you for your interest in the Grief Education and Support Group. For 12 weeks you will be journeying together with others, in a group setting, through the wilderness of grief.

As your facilitator I will be companionshiping you as you discover what this territory of grief looks like. I hold an MPS Degree from Loyola University New Orleans. In addition, I am a trained and certified grief counselor having over 300 credit hours of post-Masters graduate study with Dr. Alan Wolfelt of *The Center for Loss and Life Transition* in Fort Collins, CO.

I hope to help you navigate this journey by recognizing and understanding the trail markers, the wisdom teachings, along the way. With that knowledge and understanding, I will help you develop the tools that will make it possible for you to move through your grief. Your intention to heal and your commitment to this group will insure that you are moving toward the reconciliation of your grief.

Meeting time: Wednesday evenings 7:00 p.m.-9:00 p.m.

Meeting Place: The St. Benedict Catholic Worker at 4022 N. Cheryl Ave. Fresno 93705. Phone: 229-6410.

E-mail: lizaosb@aol.com

Participants: It is a "close-ended" group meeting for 12 weeks.

Cost: \$84.00. This fee includes handbook, journal, all materials and 12 sessions *plus two holiday workshops*. The cost comes out to \$6.00 a session.

The Sessions

There are 12 Sessions beginning Wednesday, September 11, 2019 through Wednesday, December 11, 2019. Each session has 2 parts (50 minutes each) with a 15 to 20-minute break in between the first and second parts. *The first part* is discussion on the current chapter in the handbook (*Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart* by Dr. Alan Wolfelt) and corresponding journal questions (*Understanding Your Grief Journal* by Dr. Alan Wolfelt). *The second part* is for open sharing time and/or other planned activities. In addition, there are two holiday workshops to help you authentically mourn.

Grief Group Schedule

September 11	Welcome, Introduction to the Group
September 18	Open to the Presence of Your Loss
September 25*	No Grief Group Meeting. Liza attending writing conference.
October 2	Dispel the Misconceptions About Grief
October 9	Embrace the Uniqueness of Your Grief
October 16	Explore Your Feelings of Loss
October 23	Recognize You Are Not Crazy
October 30	Understand the Six Needs of Mourning
November 6	Nurture Yourself
November 9	<i>"Surviving and Thriving for Thanksgiving" Workshop</i>
November 13	Reach Out for help
November 20	Seek Reconciliation, Not Resolution
November 27	No Grief Group Meeting. Thanksgiving Week
December 4	Appreciate Your Transformation
December 7	<i>"Blue Christmas" Workshop</i>
December 11	Graduation/Potluck Dinner