



## Here's help...

For those journeying through grief. Since October of 2013, we've been offering a year-round program of grief support for those who have lost a loved one. Come and learn about the grief process. Together we have a place to share our experiences in a safe and confidential setting that offers the hope of personal growth and healing. All are welcome!

## Weekly Meetings

We meet every Tuesday except holidays:

- 4:00 Registration and refreshments
- 4:30 Education
- 5:00 Small group discussion sessions
- 5:45 Closing
- 6:00 Adjourn

The small group discussion sessions offer a chance to share and receive support from others who are also traveling the grief journey. Together we grow through our griefs.

## Grief Coalition

- Beth-El Synagogue
- The Congregation at Duke Chapel
- Grace Evangelical Lutheran Church
- Eno River Unitarian Universalist Fellowship
- Epworth United Methodist Church
- Hall-Wynne Funeral Home
- Holy Trinity Lutheran Church
- Immaculate Conception Catholic Church
- Jewish Family Services of Durham-Chapel Hill
- Judea Reform Congregation
- Pilgrim United Church of Christ
- St. Paul's Lutheran Church
- Westminster Presbyterian Church

With special thanks to:  
Duke HomeCare and Hospice

**P**lease join us! We are looking for additional churches, synagogues and other organizations to join the coalition. Contact the Grief Coalition for more information:

[growingthrugrief@gmail.com](mailto:growingthrugrief@gmail.com)

# Growing thru Grief

Walking alongside others  
who are grieving



Photo by Leonard Beeghley

## Help for those who mourn

A program of the Grief Coalition, a group of area religious and civic organizations, which offers support and education to those who mourn

[growingthrugrief@gmail.com](mailto:growingthrugrief@gmail.com)



Photo by Leonard Beeghley

## How Growing thru Grief works

### 1. Entire group meets

After refreshments and registration, we gather for a general session featuring a brief presentation about grief's journey.

### 2. Small group discussions

Each group is supported by trained facilitators who guide and encourage discussion. The purpose of these groups is to provide support, not therapy.

## Where do we meet?

All meetings are held at St. Paul's Lutheran Church, 1200 West Cornwallis, Durham, at the intersection of Cornwallis and Pickett Roads.

**This program is free and open to all who have lost a loved one.**

## Sample Topics for Group Discussion

- Understanding Grief
- Grief as a Spiritual Journey
- Loss, Grief and Identity
- Coping with Grief—Anniversaries and Holidays
- Complicated Grief
- Remembering and Re-membering
- Living through and Beyond Loss
- Self-Care and Grief

## Educational sessions

Twice a year, we offer a six-week series of teaching sessions on the above topics.



During the remaining weeks, the session will either combine a grief-related presentation and small group discussion or be focused on small group discussion.

Many have found these meetings helpful. This is a place to share and explore grief's pathways with those who understand the journey.

This is an open program, with each week standing on its own. Feel free to come when you can.

## Want to know more?

For more information or to request a list of current speakers and topics, please email:

[growingthrugrief@gmail.com](mailto:growingthrugrief@gmail.com)

Or check out our website:

[growingthrugrief.org](http://growingthrugrief.org)

where the current calendar is posted.



Photo by Leonard Beeghley

**G**ive sorrow words; the grief that does not speak knits up the over-wrought heart and bids it break.

—William Shakespeare

**T**his is my safe place.

—Participant