

Understanding Grief & Loss

UNDERSTANDING
GRIEF
& LOSS

Tragedy into Triumph

At *Understanding Grief & Loss*, you'll find that the group leaders are people just like you. They have been through the experience of a significant loss in their lives, and therefore, can relate to you -heart to heart!

In a caring and comfortable setting, you'll discover some valuable insights on how to turn tragedy into triumph in your life.

Who should sign up and why?

- Individuals who have experienced an unexpected loss related to death, job, divorce, etc.
- Individuals who want to learn about the emotions related to grief & loss.
- Individuals who would benefit from sharing in a support group atmosphere.

Some of the topics included are:

- What is grief & loss?
- What is happening to me and why?
- Stages of grief leading to recovery
- How long will this last?
- What can I do to help myself?
- Moving from "victim" to "survivor"

"The absence of anyone or anything that makes a major impact on the value and meaning of our life calls for grieving. Loss, change and grief are facts of being alive."

If you are interested in attending the *Understanding Grief & Loss Program*, please contact us for registration information.

(603) 598-6205

growthandhealing@gmail.com

The Details:

There is no charge for this program and there are no materials to purchase. Pre-registration is required to establish appropriate class size and to have the necessary materials on hand. After the second meeting, the group is closed to new participants.

The program runs for 8 weeks, although that may vary depending on each group's particular dynamics.

A few testimonials from individuals who have experienced this program:

"It helped me to see that I was not abnormal. . . I discovered many positive things about myself and the experiences I've had. This new understanding has helped me deal with grief."

"This was a great opportunity to share with and encourage one another."

"I needed to hear everything that was discussed!"

**Through this program
DISCOVER:**

What grief is and how it affects
you and those around you.

How to move through your
grief & loss process to find
comfort and healing.

Learn how to be a healthy
support to others in
their time of need.

**The *Understanding Grief & Loss*
Program is part of our
Growth & Healing Series.**



THE GREATER NASHUA
GROWTH & HEALING CENTER

**For more information on
this and other classes offered,
please call
(603) 598-6205**



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UNDERSTANDING
**GRIEF
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Surviving and Growing

