

GRIEF SUPPORT GROUP

WHAT IS THE GRIEF SUPPORT GROUP'S MISSION?

In witness of the love of Christ, our mission is to provide those in mourning a supportive group in which to share their grief and gain understanding.

(The Grief Support Groups is interdenominational and free of charge)

WHAT IS GRIEF?

Grief is a normal response to the loss of someone or something that was the center of their life. It requires the hard work of getting in touch with powerful feelings and honestly expressing those feelings to another person.

Most grief is best dealt with in a support group with other grievers and *guided by facilitators who themselves have grieved and who know the process of recovery and are caring and compassionate listeners.*

WHY DOES ONE ATTEND A GRIEF SUPPORT GROUP?

- To take the first step toward healing
 - To learn about the grief process
 - To learn about how to heal the grief wound
 - To help normalize feelings they are experiencing
 - To learn what infects the grief wound and prevents healing
 - To help those going through the grief process who have little to no support
 - To bring to the group concerns and questions to discuss
 - To find ways to cope better during the grief process.
 - To know you are not alone during the grief process
 - The group members must agree to practice complete mutual confidentiality.
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THE GRIEF SUPPORT GROUP IS NOT....

Counseling

Grief can be so overwhelming that services of a professional Counselor may be required.

HOW DOES SOMEONE JOIN THE GRIEF SUPPORT GROUP?

Because we want you to be prepared for the group, we ask that you call one of the contact persons below before you attend for the first time.

If you or someone you know might benefit from the Grief Support Group, please contact:

FACILITATOR - CHRIS GRITZMACHER - 936-524-0584
FIRST METHODIST CONROE...JANET CABLE - 936-756-3395 ext. 135

Meetings are held the 2nd and 4th Monday of each month
at First Methodist Conroe at 5:30 PM
4308 West Davis Street (Hwy 105) Conroe, TX 77304

We gratefully acknowledge FMC for their continued care and support.