

Grief Hope and Healing Support Group

The Church of the Resurrection Grief, Hope and Healing Team has a Monthly Support group meeting on the second Friday of the month at 6:00PM Halfmoon Town Hall.

Who should come to a Grief Hope and Healing Meeting ?

If you have suffered the loss of a loved one whether it be recently or years past and would like to meet with a team of people who are compassionate and have been through this experience, you are in the right place. We meet monthly to support and encourage.

What should you expect ?

We will discuss the grieving process as it relates to your experience and offer tools to help you cope. We are here to listen and provide support.

How do I sign up?

Email: Church@crsaratoga.org

Please include your contact information in your email and any information you would like to share about your loss.

We will contact you to share more information about our group and answer any questions.

Hope changes
everything!



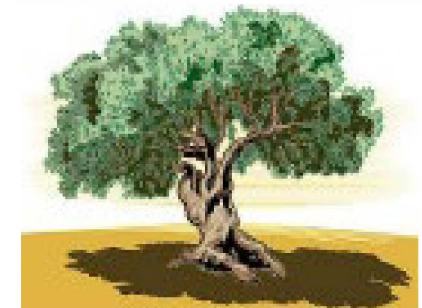
Grief Hope and Healing is a ministry of the
Church of the Resurrection.

All denominations are welcome to attend.
This program is free.



Grief, Hope & Healing Support Group

A program of healing for
those who have suffered loss.



The Church of the
Resurrection

Halfmoon, NY

Church@crsaratoga.org

Website: crsaratoga.org

When a Loved One dies

Whether it's a close friend, spouse, partner, child or other relative, the death of a loved one can feel overwhelming. You may experience waves of intense and very difficult emotions, ranging from profound sadness, emptiness, and despair to shock, numbness, or guilt.



Bereavement isn't limited to emotional responses, either. Grief at the death of a loved one can also trigger physical reactions, including weight and appetite changes and difficulty sleeping. The level of support you have around you, your personality, and your own well-being can all play a role in how you work through your grief process.



No matter how much pain you are in right now, it's important to know that there are healthy ways to cope with the anguish and come to terms with your grief. While life may never be quite the same again, in time you can ease your sorrow, start to look to the future with hope and optimism, and eventually move forward with your life.

Registration:

Grief, Hope and Healing Program

Name: _____

Address: _____

Phone: _____

Cell: _____

Email: _____

Please tell us in a few words why you are interested in the Grief, Hope and Healing meeting.

Please send your information through email to church@crsaratoga.org

Thank You !

We look forward to meeting you !