

Grief Hope and Healing Workshop Nov 4, 2022

The Church of the Resurrection Grief, Hope and Healing Team is holding a 5-week grief support group program to begin on November 4, 2022, 6PM.

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 provide a program of 5 sessions, free of charge to assist you with your healing process. The program is followed by monthly support meetings if you choose to continue meeting.

What should you expect ?

You will receive a program guide for the entire 5-week session. 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

Mail registration form to:
PO Box 1282 Clifton Park, NY 12065

Call: Deacon Susan Plaske 518-813-5417

*Hope changes
everything!*



Grief, Hope and Healing is a
Ministry of the Church of the
Resurrection.

People of all denominations
are welcome to attend.



Grief, Hope & Healing Workshop

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 mail this form to Church of the Resurrection:

PO Box 1282, Clifton Park, NY 12065 or
send your information through email to
church@crsaratoga.org or
call Deacon Susan Plaske @ 518-813-5417

We look forward to meeting you !