



Growing Through Our Grief

- When:** Evening: Mondays beginning March 4 thru April 8, 2019 at 6:00 PM
Daytime: Tuesdays beginning March 5 thru April 9, 2019 at 10:00 AM.
- Where:** Evening Session: **Anderson's On Broadway**, 801 Broadway, Alexandria, MN.
Daytime Session: **Anderson's On Broadway**, 801 Broadway, Alexandria, MN.
- Purpose:** This seminar is intended to meet the needs of any persons working through the grief process resulting from the death of a loved one, to provide support and go thru the steps of grieving.
- Session 1** **Overview of grief and the process of grieving**
Introduction - The Task of Grieving
- Session 2** **Feelings** - How do I name them? What do I do with them?
Video - "White Water"
- Session 3** **Impact of loss on the family** – Your new role with friends and family
Redefining my SELF / New Coping Tools
- Session 4** **Reflections** - Spiritual profile and personal recovery
Video - "Invincible Summer"
- Session 5** **Journal and Letter Writing** - Recording our personal grief journey
- Session 6** **Hope and Healing** - Taking care of myself
Ritual of recovery
- Facilitator:** Jeri Dawson, Aftercare Coordinator
- Format:** Each session will include information and education on some of the primary stressors associated with the death of a loved one. The sessions will last approximately one and one-half hours and will include a break. There will be a time for questions. Dress informally and comfortably.
- Registration:** This seminar is open to anyone wishing to understand the grief process and how it affects the individual. The seminar is free of charge. All are welcome. To register call **Anderson's On Broadway** at 320-219-6278