



# *Growing Through Our Grief*

- When:** Evening: Mondays beginning March 5 thru April 9, 2018 at 6:00 PM  
Daytime: Tuesdays beginning March 6 thru April 10, 2018 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
- Facilitators:** Jeri Dawson, Aftercare Coordinator and Barb Carstens
- 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