

15th February to 24th May and 23rd August to 29th November

Facilitator: Phillipa Rudolph

Cost: R400

A GriefShare support group is a safe, welcoming place where people can work through the difficult emotions of grief. Through this **15-week** course, you'll discover what to expect in the days ahead and what's "normal" in grief. Since there are no neat, orderly stages of grief, you'll learn helpful ways of coping with grief, in all its unpredictability, and gain solid support each step of the way.

What to Expect: Each week you'll view a 30-minute video on a grief-related topic, featuring valuable insights from counselors, pastors, and others who've lost a loved one. Then your group will discuss the video and how it applies to your lives. You'll also receive a book with helpful tips and exercises for personal support throughout the week.

Topics Covered: Sessions address a wide range of issues people commonly face when grieving such as loneliness, fear, anger, regret, relationships and hope.

REGISTRATION

To register go to Find a Group on griefshare.org and sign up for one of the courses being run at Rosebank Union Church or contact **Phillipa Rudolph** on phillipa@ruc.org.za

