

*"I made many new friends and met many special people through the workshop. Because we had all experienced the death of a loved one I was able to talk openly and freely about my loss."*

*"I was really able to come to terms with my grief and the struggle to go on to a productive life. I would recommend this workshop to others."*

*"You accepted all of us right where we were without any pressures. We learned through the lessons every week how to build on the tools you provided."*

*"I had lost sight of my faith and felt abandoned by God. The realization that needed to be pointed out in my state of grief when I first came to the workshop was that God is always there. That has made a huge difference in my life and how I now cope with the grief."*

 **First Presbyterian  
Church**  
Caring Ministries  
219 East Bijou Street  
Colorado Springs, CO 80903

*...that you may not grieve as others do who have no hope...*  
1 Thessalonians 4:13b

# The Grief Workshop

## A Journey Together



**September 12 - October 24, 2011**  
**6:30 - 8:30 p.m.**

[www.first-pres.org](http://www.first-pres.org) • 719.884.6145



**First Presbyterian  
Church**

# Workshop Details

## WHO

Anyone who has lost a significant person to death.

## WHEN

Seven Monday evenings  
September 12 - October 24, 2011  
6:30-8:30 p.m.

Please arrive by 6:15 p.m. on first evening of workshop

## WHERE

Fellowship Hall  
First Presbyterian Church  
Enter through door on Weber Street.

## FORMAT

Each night will open with a teaching presentation followed by small group discussion.

## COST

Registration Fee:  
\$40/person or \$65/married couple

Help us plan by registering early by  
September 6, 2011 for the Fall session and pay:  
\$35/person or \$55/married couple

Preregistration and prepayment is requested.  
Mail Registration form and payment to:

Congregational Support  
First Presbyterian Church  
219 East Bijou Street  
Colorado Springs, CO 80903  
719.884.6145

The goal of this workshop is to help those grieving the death of a loved one by providing an emotionally safe environment and some tools for dealing with the loss. It provides growth opportunities from a Christian perspective leading to health and wholeness.

Although professionals have helped to develop this program, the workshop is not a substitute for individual counseling or professional therapy. The facilitators of the small groups are former participants who have experienced the death of a loved one and are not trained professionals. The range of topics to be discussed include:

Emotions  
Grieving process  
Coping  
Faith in grief  
Communication  
Expectations  
and Reality  
Decisions

(Checks payable to First Presbyterian Church, Mail to Congregational Support, 219 East Bijou Street, Colorado Springs, CO 80903)

## GRIEF WORKSHOP REGISTRATION FORM – FALL 2011

Amount Enclosed \$ \_\_\_\_\_  
Check # \_\_\_\_\_

Please use a separate form for each person.

Name of Participant \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ E-mail \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Your Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Relationship of deceased to you \_\_\_\_\_

Cause of death:  Accident  Illness  Suicide  Other (Specify) \_\_\_\_\_

Date of death \_\_\_\_\_ Age of deceased \_\_\_\_\_

List any family members and their relation to you, that will be attending this same workshop \_\_\_\_\_

Provide the following information for group planning purposes.

**Workshop Fee: \$40/person or \$65/married couple.**

Register and pay before September 6, 2011 and the cost is \$35/person and \$55/couple.  
(Payment required with registration. Please make checks payable to First Presbyterian Church)