



GRIEF SUPPORT GROUPS  
Prince of Peace Lutheran Church, Appleton

**What is a Grief Support Group?** A small group (4-8) of people who gather together with a group facilitator. The group can provide emotional, physical and spiritual support in a safe and nonjudgmental environment. It allows you to be with others who have had similar experiences, thoughts and feelings.

**Who Should Consider Being in a Grief Support Group?** Anyone who has experienced the death of someone significant in their life: spouse, sibling, child, parent, other relative, friend, companion, neighbor, co-worker..... Maybe you have experienced the deaths of several people in a short time span. Grief has no timeline, so your loss may be recent or in the past. These groups are open to anyone who would benefit from being a part of a group; you do not need to be a member of Prince of Peace. *Be a part of a support group if you want to be supported as you grieve your loved one.*

Each support group will meet for 8 sessions with a time frame of 90 minutes each session. Prince of Peace will offer two different time options to hopefully meet the needs of those interested and we will plan to meet in the Community Life Room at the church.

The support groups will be facilitated by Nancy Scheuerman, member of Prince of Peace. Nancy has completed a Grief Support Companionship Training program and continues to meet with her trainer periodically for continued guidance. Nancy has led three previous groups for Prince of Peace. Previous participants felt the support group was very helpful to them during their grief journey.

We will use a Companionship Model for the group sessions called: Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart by Alan Wolfelt, PhD. Dr. Wolfelt is a respected leader in the field of grief and death, and you may visit his website [www.centerforloss.com](http://www.centerforloss.com) for more information about his work. Group participants will receive this book and other resources to help them in their grief journey. Companionship is a model that honors the idea that grief is a normal and necessary journey, but it is helpful having someone be with you on that journey. This will be a chance to walk alongside one another, just as the disciples did when Jesus sent them out, as we follow Jesus to give support to each other. We each have our own journey...

You are encouraged to contact Nancy Scheuerman at 920-731-9847 or 920-427-6715 or [nancy631@sbcglobal.net](mailto:nancy631@sbcglobal.net) if you have questions, to sign up, or need more information. She would be glad to speak with you about this opportunity. Please sign up by reaching out to Nancy **by September 24<sup>th</sup>**.

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**Fall 2021 Dates for the Grief Support Groups**

Wednesday mornings 9:30-11:00 AM

September 29, October 6, October 13, November 3, November 10, November 17, December 1, December 8

Thursday evenings 6:30-8:00 PM

September 30, October 7, October 14, November 4, November 11, November 18, December 2, December 9