

BAYSIDE GRIEF CARE

WHEN: JANUARY-APRIL-SEPTEMBER

NEXT SERIES: APRIL 5 - MAY 24

(CLOSED AFTER SECOND SESSION)

WHAT TIME: 6:30 p.m. -8:30 p.m.

WHERE: BAYSIDE CHURCH

8191 SIERRA COLLEGE BLVD.

BUILDING B-ROOM 221

(INTERSECTION OF SIERRA COLLEGE BLVD. AND OLYMPUS DR.)

OPEN TO THE COMMUNITY

CALL

PAM BRUBAKER 300-8776

TO PRE-REGISTER

THE GOAL OF GRIEVING IS NOT TO HURRY UP AND GET OVER IT,
BUT TO FULLY EXPERIENCE IT.

YOU CAN'T GO AROUND GRIEF. YOU CAN'T GO UNDER IT -
OVER IT - OR RUN AWAY FROM IT.

DEALING WITH SORROW STRAIGHT-ON IS THE MEANS
TO GET TO THE OTHER SIDE.

WHAT YOU CAN EXPECT:

- *A CONFIDENTIAL SETTING WHERE IT IS SAFE
FOR HURTING, GRIEVING PEOPLE TO SHARE ABOUT THEIR LOSS.
- *A SETTING WHERE PEOPLE CAN FEEL UNCONDITIONALLY
HEARD AND ACCEPTED.
- *INFORMATION AND RESOURCES ABOUT THE GRIEVING PROCESS
MAKING THE MYSTERY OF GRIEF MORE UNDERSTANDABLE.
- *HELP TO BETTER UNDERSTAND GOD -
HE IS WITH US - HE CARES - HE WILL HELP.

OVERVIEW OF 8-WEEK SERIES OF GRIEF CARE

1. SHARING THE PARTICULAR CIRCUMSTANCES OF LOSS*
2. IDENTIFYING THE "MYTHS" OF GRIEF
3. HOW NORMAL GRIEF AFFECTS
THOUGHTS, FEELINGS, AND BEHAVIOR
4. SPIRITUAL ISSUES AND SCRIPTURE LINKED
TO GRIEF AND GOD'S CARING
5. PHYSICAL ASPECTS OF GRIEF AND WAYS
TO TAKE CARE OF YOURSELF
6. STAGES AND PHASES OF GRIEF AND HOPE
7. FOUR TASKS OF MOURNING
8. ALL THE FAMILY, SOCIAL, FINANCIAL, PERSONAL
CHANGES AND ADJUSTMENTS TO BE MADE
9. WHAT "ACCEPTANCE" MEANS
10. BAYSIDE AND COMMUNITY RESOURCES

*ALTHOUGH THE LOSS OF ANYONE OR ANYTHING SIGNIFICANT
CAN CAUSE ONE TO EXPERIENCE GRIEF - GRIEF CARE IS FOCUSED
ON LOSSES CAUSED BY DEATH.

FACING THE LOSS OF A LOVED ONE CAN BE AN OVERWHELMING CHALLENGE.
INTENSE FEELINGS AND SO MANY LIFE CHANGES.
ATTEMPTS TO MOVE FORWARD MAY SEEM IMPOSSIBLE.

**COME TO BAYSIDE GRIEF CARE
FOR SUPPORT-PRACTICAL HELP-HOPE**