

GriefCare

Bayside Community Church Beginning Tuesday, April 7, 2015 through May 26
Life Community Church beginning Wednesday, April 15, 2015 through June 3

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 Grief Care for support, practical help, and hope!

New Sessions Begin in JANUARY-APRIL-SEPTEMBER

Open to the Community
Closed after the second session

<p>Bayside Church of Granite Bay Begins Tuesday, April 7, 2015 1861 Sierra College Blvd. (intersection of Sierra College Blvd & Olympus)</p> <p>6:30 p.m. to 8:30 p.m. To Pre-Register, call Pam Brubaker – 916-300-8776</p>	<p>Life Community Church Begins Wednesday, April 15, 2015 10020 Foothills Blvd, Roseville Begins Wednesday, April 15, 2015</p> <p>6:30 p.m. to 8:30 p.m. To Pre-Register, email Ann Bolden – dabolden@comcast.net</p>
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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 getting to the other side.

What you can expect at GriefCare:

- 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 GriefCare - An 8-Week Series

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

*Although the loss of anyone or anything significant can cause one to experience grief, GriefCare is focused on losses caused by death