



Dealing With Grief

St. Edward's Grief Support Ministry

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It is the desire of St. Edward's Grief Support Ministry to offer comfort, support, and practical help to those experiencing grief after the death of their loved ones. Grief is a journey that takes time. Grief is unique to each person. Grief has no set of rules that works for everyone. Grief has no timeline. One thing that seems to help all who grieve is to meet in community with others who grieve. St. Edward's Grief Support Ministry will offer a variety of GriefShare seminars and other grief support workshops for those struggling with the loss of a spouse or partner, a family member, or a friend.

The following workshops are offered during the year with varying days and times. Please refer to our website schedule to see what our current schedule is or email griefshare@stewardsonline.org.

Loss of Spouse, a 2 hour GriefShare seminar designed to introduce widows and widowers to GriefShare. We will offer Loss of Spouse every spring and fall before our 13 week workshop.

From Mourning to Joy, a GriefShare 13-week workshop.

We are excited to offer GriefShare's 13-week flagship program ever spring and fall. This program is video based and provides time weekly to explore topics of grief in depth with a workbook to help each participant through this journey.

Surviving the Holidays, a Griefshare 2 hour seminar held before Thanksgiving each fall.

This 2 hour seminar will prepare you with practical tips on facing holidays after the loss of family or friends. Whether the loss is recent or several years, this workshop will help you celebrate in new ways and create new family traditions.

Option B by Sheryl Sandberg, a 4 week book study.

If we receive 5 requests, we will offer this 4 week study on Option B, by Sheryl Sandberg. This book deals with the sudden loss of Ms. Sandberg's husband. The principles and stories she offers will apply to anyone in grief experiencing a sudden change in their family due to death. Please email us to let us know you are interested. Day and time to be announced by email.

Reunion and Celebrating NOW

St. Edward's Grief Ministry will offer a yearly reunion for past and present participants as a way to "Celebrate NOW". This 2 hour program will include a discussion on Special Days of Remembrance, as well as a chance for participants to renew friendships and catch up with those who have walked their journey. This program will occur at the end of our spring series.