

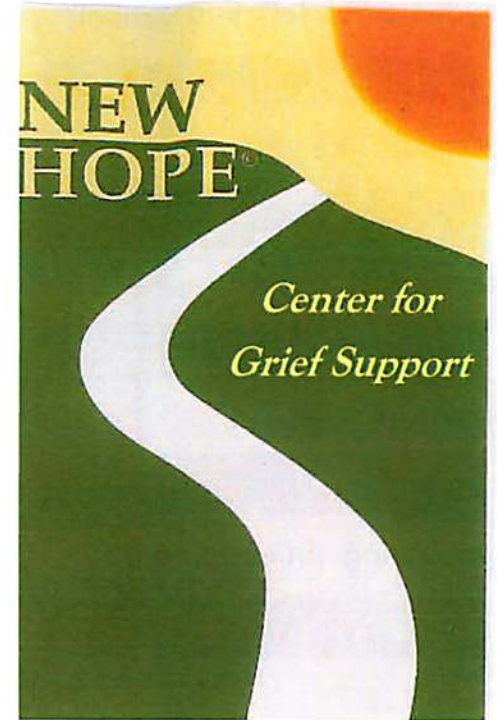
Topics To Be Covered

- ◆ The Grief Journey
- ◆ Pitfalls Along The Path
- ◆ My Family's Not The Same
- ◆ But I'm Not Angry !
- ◆ Overcoming Guilt & Depression
- ◆ Holidays & Other Special Days
- ◆ Letting Go Of The Pain
- ◆ Moving On With Hope

*Each topic will be covered,
however not necessarily in the same order*

The workshop leader for this seminar is Cathy Clough, executive director of New Hope Center for Grief Support, Northville, MI.

Cathy has more than 25 years of experience developing and leading grief support programs throughout Southeast Michigan. She has presented seminars and workshops on grief locally and nationally. Cathy was widowed in 1983, after 10 years of marriage, and left with 3 young children to raise.



From Grief to New Hope

An 8 week seminar and support group for people who are grieving.

Presented by
New Hope
Center for Grief Support

Sponsored by
First United Methodist Church
of Brighton

Place
Stamp
Here

First United Methodist Church

New Hope Grief Support

400 E. Grand River Ave.

Brighton, MI 48116

Has your grief left you feeling

Overwhelmed?

Or at times like you might be

Going crazy ?

Have you felt

All alone with your grief?

Do you feel like

God has abandoned you?

Are you riding an emotional

Roller coaster ?

If you've answered "yes" to any of these questions, please consider attending the From Grief To New Hope seminar. Participating in this seminar will provide you with an opportunity to share with others in a supportive environment and learn how to deal with all of the emotions of grief. Being able to recognize what "normal" grief feels like and sharing your grief story with others who understand, helps you work through the pain of grief and begin to look toward a future of hope. We hope you'll take advantage of this opportunity to attend this seminar and find your way down the path of grief. Allow us to help you!

Where: First United Methodist Church
400 E Grand River Ave
Brighton, MI 48116

Who: Adults of all faiths who have lost a loved one to death

When: 2010 Session
8 weekly sessions begin
7 p.m. Thursday, Sept. 9

Cost: These seminars are being provided free of charge.

Registration: Please detach & send in the registration form. If you have any questions, call Rev. Loretta Job, 810-229-8561.

Advance registrations are most appreciated, but if you can't decide to come until the last minute, that's okay, too.

Directions to the Church

The church is located at 400 E. Grand River Ave. which is just south of downtown Brighton near the Brighton Lake Rd. intersection.



Name _____

Address _____ City _____ Zip _____

Phone (Day) _____ (Evening) _____

Your Age Group (check one) 20's _____ 30's _____ 40's _____ 50's _____ 60's _____ 70's or above _____

Please Check One (Information will be used for small group placement)

Loss of Spouse _____ Loss of Parent _____ Loss of Child _____ Age of Child _____

Loss of Significant Relative/Friend _____ Loss of Sibling _____

Date of death _____ Loss due to suicide _____

Registration Form