

Classes: Tuesday 7pm – Thursday 10:30am – Enter Door #28

WEEK & TITLE		TIME	PARTICIPANTS WILL DISCOVER ...
Tuesday 3/12 Thursday 3/14	1. IS THIS NORMAL?	41 min	<ul style="list-style-type: none"> Why their grief experience is harder than they imagined Why the intensity and duration of their emotions are normal and appropriate Despite how they feel right now, there is reason for hope
Tuesday 3/19 Thursday 3/21	2. CHALLENGES OF GRIEF	35 min	<ul style="list-style-type: none"> More eye-opening reasons why their pain is so overwhelming Some of the overlooked, yet common, effects grief has on their mind, body, and spirit How to get things done when they don't feel like they have any energy
Tuesday 3/26 Thursday 3/28	3. THE JOURNEY OF GRIEF - PART 1	42 min	<ul style="list-style-type: none"> Helpful goals to set on their journey of grief How to deal with those who try to rush them through their grief How long the journey of grief typically lasts
Tuesday 4/2 Thursday 4/4	4. THE JOURNEY OF GRIEF - PART 2	37 min	<ul style="list-style-type: none"> Why it's important to put effort into their healing How the events surrounding their loved one's death affect their grief The best ways to deal with their loved one's belongings
Tuesday 4/9 Thursday 4/11	5. GRIEF AND YOUR RELATIONSHIPS	40 min	<ul style="list-style-type: none"> How the death of a loved one affects their friendships Why solitude can be a blessing and a curse How to deal with friends who don't understand their grief
Tuesday 4/23 Thursday 4/25	6. WHY?	43 min	<ul style="list-style-type: none"> God wants them to share their feelings with Him Why being honest with God is an expression of faith What God has to say to them about their "why" questions
Tuesday 4/30 Thursday 5/2	7. GUILT AND ANGER	43 min	<ul style="list-style-type: none"> How to deal with false guilt How to grieve conflicted relationships How to handle grief-related anger
Tuesday 5/7 Thursday 5/9	8. COMPLICATING FACTORS	33 min	<ul style="list-style-type: none"> How traumatic experiences affect grief How to deal with nightmares and flashbacks How their thinking affects their emotions
Tuesday 5/14 Thursday 5/16	9. STUCK	44 min	<ul style="list-style-type: none"> How to prevent getting stuck in grief Common misconceptions that hinder healing Why their path to healing isn't always smooth
Tuesday 5/21 Thursday 5/23	10. LESSONS OF GRIEF - PART 1	32 min	<ul style="list-style-type: none"> An often-overlooked reason that grief is so painful Why going to church can be so difficult The benefits of helping others
Tuesday 5/28 Thursday 5/20	11. LESSONS OF GRIEF - PART 2	37 min	<ul style="list-style-type: none"> Who they are now that their loved one is gone Why no one grieves perfectly What grief can teach them about relationships
Tuesday 6/4 Thursday 6/6	12. HEAVEN	41 min	<ul style="list-style-type: none"> What heaven is like Whether they should communicate with their deceased loved one Whether near-death experiences are reliable descriptions of heaven More answers to their questions about heaven
Tuesday 6/11 Thursday 6/13	13. WHAT DO I LIVE FOR NOW?	41 min	<ul style="list-style-type: none"> Why moving forward is a necessity Why it's a process Why peace and pain will always coexist