

Community Seminar with Dr. Alan Wolfelt

Understanding Your Grief: One Day at a Time

April 16, 2020 | 7-9 pm

Southminster Presbyterian Church
7001 Far Hills Ave., Dayton, OH 45459

Please join us for this evening of hope and healing. When someone in your life has died — you are faced with the difficult, but important, need to mourn. This compassionate program provides you support in your personal grief experience.

This seminar will help anyone in the grief process:

- Acknowledge the need to mourn
- Recognize the multitude emotions involved in grief
- Understand unique aspects of your personal grief
- Learn about the special needs in five areas of loss
- Understand the importance of self-care
- Identify the value of support systems
- Learn about the six important needs of mourning
- Explore the transformative nature of grief
- Have hope for your healing
- Understand the bill of rights of the mourner

Because seating is limited, we ask that you please register as soon as possible either online or send us your form no later than March 31, 2020.

For more information, please call Southminster Presbyterian Church at 937.433.1810 and ask for Sharon.

Hosted by:



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www.SMinster.com



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Please fill out the form below and return to Southminster at 7001 Far Hills Ave., Dayton, OH 45459 by March 31 or register online at <http://bit.ly/2020WolfeltCommunity>.

Name: _____

Address: _____ City: _____ Zip: _____

Phone: _____ Email: _____

Number Attending: _____

We look forward to you joining us for this evening that **gently embraces** the reality that to **love requires** the need to mourn.

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