

FAITH & GRIEF SUPPORT PROGRAMS

Provide Grievors Comfort & Hope

ONLINE & IN-PERSON

We can help you support those you serve who are grieving the death of a loved one through monthly grief support gatherings, grief workshops & weekend retreats.

What if you could serve more grievors?

You can serve more grievors by hosting a Faith & Grief program or refer them to an existing Faith & Grief support program offered locally in-person or online.

During this challenging time, we are hosting weekly online grief support gatherings. Typically, our in-person gatherings meet once a month at a host church and led by volunteers.

The Faith & Grief Workshop is offered online and can be presented in-person. You can find the latest workshop schedule and more on all our programs at

faithandgrief.org

For more information on hosting a program, contact program director, Shelley Craig at shelley@faithandgrief.org

The support gathering meets for one hour and provides a place for grievors to share their grief journey led by a trained grief support facilitator.

The multi-session workshop explores sacred stories related to grief, employs small group discussions where participants can share and introduces spiritual practices such as:

- Breath Meditation
- Journaling
- Labyrinth Walks
- Prayer of Examen
- Writing a Lament
- Creating a Mandala