

**The Grief Support Group  
meets on the second  
Monday of each month  
from 10am until noon at  
the Peace Lutheran Church,  
3530 Dayton Xenia Road,  
Beavercreek (lower level)**



Participation is limited and  
advance registration is required.  
Please call the Council to learn  
more or register:  
937-376-5486 or  
YourFriends@gcco.org

This group is open to all those  
who have lost a loved one. These  
meetings are facilitated by  
GCCOA care managers.



1195 W. Second Street  
Xenia, OH 45385  
937-376-5486  
YourFriends@gcco.org



# *The Grieving Journey*

A grief support  
program to help those  
who have lost a  
spouse/partner or  
other loved one

Sponsored by  
Greene County Council on Aging



Being accompanied by experienced others during a time of bereavement can ease the grieving journey. That is why grief programs and support groups are so important and helpful for those who have lost loved ones. The GCCOA grief support program offers you an opportunity to acknowledge the impact of your loss and grief, share your story, express your feelings, gain support from others, and develop coping skills for living purposefully with your grief.

“Deep grief sometimes is almost like a specific location, a coordinate on a map of time. When you are standing in that forest of sorrow, you cannot imagine that you could ever find your way to a better place. But if someone can assure you that they themselves have stood in that same place, and now have moved on, sometimes this will bring hope.” — *Elizabeth Gilbert, from Eat, Pray, Love*



## Group Guidelines

You may choose to share or remain silent. No one is required to talk; your preference will be respected.

Respect confidentiality. Thoughts, feelings and experiences shared in this group will stay in this group. Please do not share stories or names of fellow participants outside the group.

Please make every effort not to interrupt when someone is speaking. Only one person will speak at a time while everyone else listens.

Sharing should remain grief-journey related. Please acknowledge that everyone may want to share within the given time.

Please do not criticize or give advice unless it's specifically requested by a group member.

We will not discount anyone's grief or compare one loss to another.

Thoughts, beliefs, and feelings are neither right or wrong.

Everyone has a right to grieve in their own way.