



Date: September 29, 2018

Time: 9:00 AM to 3:30 PM

Location: Wilson Heights 1st Church of God, Charlotte

Instructor: Rev. Sandra Gray

Grief and Loss

This class will offer knowledge about the grief process as it relates to the emotional and physical lives of God's people. The process of healthy grieving will be outlined due to the fact the nature and dynamics of the grief and loss process is "distinctly similar" in all. The students will then be able to identify and discuss the nature and dynamics of grief and loss.

The class will also assist and equip students to:

1. Recognize and evaluate the causes, symptoms, and contributory factors of grief and loss.
2. Explain the effects of grief and loss on the individual, the immediate family, and community.
3. Develop the skills necessary to recognize the stages of grief and initiate healthy recovery.
4. Identify Biblical principles that assist in the healthy grief process that bring about acceptance, hope and change.