



Grief Recovery Seminar

**Have you experienced a significant loss in the past 12 months?
or
Do you know anyone who has experienced a significant loss in the past 12
months?**

Beginning March 25, 2010
Meet for 6 consecutive Thursdays, except Maundy Thursday

Leader: Mrs. Linda Gill, Director and Founder of Joy in the Mourning for Life Losses

A non-profit organization specializes in helping people return to joy following life-changing life losses

7:00 PM – 8:30 PM

**Location: Lexington Baptist Association
255 Two Notch Road, Lexington, SC 29073**

Cost: \$72 (pay in advance)

Class minimum: 20 people

Registration payments must be received by **March 18, 2010**

Make check payable to Lexington Baptist Association, designate for Grief Seminar

The seminar will be taught as a series of non-threatening classes. No one will be expected to share anything about their losses unless they desire to do so.

For information, call the Lexington Baptist Association at 803-356-2543 or visit our website: www.missionlba.org (click on “Missions at Home” tab then “Grief Recovery Seminar” on the left)

Grief Recovery Seminar

Grief Recovery 101 is a program with a purpose to help people return to the joy of living after having experienced any important loss in their lives. Grief occurs after any kind of important loss that we encounter. Though we expect that most of the people who attend the classes will have experienced the death of a loved one, the concepts presented will also be helpful to anyone who is struggling with grief following other kinds of losses such as separation, divorce, or relationship loss; permanent injury or disability; kidnapping or disappearance of a loved one; a soldier missing in action; chronic or terminal illness; miscarriage, stillbirth, or infertility; adoption; abortion; loss of a pet; loss of our own sense of identity or security.

The program is a series of weekly classes that will begin on Thursday evening, March 25. It is designed specifically for those whose losses have occurred within the previous 12 months. It will be taught as a series of non-threatening classes. No one will be expected to share anything about their losses unless they desire to do so. Each class session will deal with particular topics about grief and will allow for questions and discussion. Classes will meet on consecutive Thursday evenings except for the Thursday before Easter.

The program will be taught by Linda Gill. Linda has Master's degrees in both Counseling and Parent-Infant Nursing. She has over 30 years of clinical nursing experience in critical care of adults, children, and infants, and also maternity nursing. Since 1987 she has worked exclusively with individuals and families who have experienced crisis, grief, and loss. From 1991-2002 she worked as a Clinical Nurse Specialist for Lexington Medical Center, first as an employee, then as a contract service provider, offering support groups and follow-up intervention for families who experienced miscarriage, stillbirth, or the critical illness or death of an infant or child. Her work, "Joy in the Mourning"®, began in 1996 and became "Joy in the Mourning"® Center for Life Losses in 2002, a non-profit organization with the mission of helping people return to joy following life-changing life losses. Linda is also in private practice as a Licensed Professional Counselor specializing in grief and crisis. She provides classes and workshops, speaks for conferences and retreats, writes, and does consulting related to grief and loss.