

Growing thru Grief Fall Series to Begin

“Conscious Grieving: A Transformative Approach to Healing from Loss” is the theme of Growing thru Grief’s fall series, led by Mandy Murphy. It’s based on the book by Claire Bidwell Smith.

Mandy Murphy

Mandy Murphy is a GTG facilitator who also works with individuals navigating loss and transition through her private practice, Mandy Murphy Co. She is a certified Daring Way facilitator with Brene Brown’s research and education group and provides resiliency training and small group workshops on shame, vulnerability and self-trust. In addition to grief support, Mandy also serves local clients as a Personal Money Manager - offering financial and organizational management to those that find themselves struggling to manage their financial and operational parts of life. Mandy is grateful, humbled and honored to be dedicating this next chapter of her professional life to serving those who have experienced loss or are going through a significant life transition.

Sept. 17: What is Conscious Grieving?

But true healing from loss actually begins when you engage with your grief, open yourself up to it, learn how to integrate it into your life, and eventually let it transform you.

Sept. 24: Entering Into Grief

Welcome to grief. It’s not a place you’ve ever wished to dwell, yet here you are.

Oct. 1: Engaging with Grief

Simply put, the only way out is through.

Oct. 8: Surrendering to Grief (part 1)

Surrendering means releasing the perception that we have control over the situation.

Oct. 15: Surrendering to Grief (part 2)

Grieving consciously means allowing yourself to integrate this loss into your life.

Oct. 22: Transforming Through Grief

And while this experience comes with anguish and uncertainty, it also comes with liberty and freedom.

Growing thru Grief meets each Tuesday, except for major holidays, at St. Paul’s Lutheran Church, 1200 W. Cornwallis, from 4-6 pm. We are a coalition of Triangle area religious and civic organizations to offer ongoing support and education to those who mourn. This program combines speakers with small group discussion, led by trained facilitators. All are welcome.