

Weekly seminar topics

Is This Normal ?
Challenges of Grief
The Journey of Grief - Part One
The Journey of Grief - Part Two
Grief and Your Relationships
Why?
Guilt and Anger
Complicating Factors
Stuck
Lessons of Grief - Part One
Lessons of Grief - Part Two
Heaven
What Do I Live for Now?

When to begin

You are welcome to begin attending our GriefShare group at any point. Each session is "self-contained," so you do not have to attend in sequence. You will be able to pick up any sessions you missed in our next 13-week cycle.

www.griefshare.org

In their own words

Group members describe the GriefShare experience

"A safety net when my world was literally falling apart."
"The permission I needed to let grief happen."
"I saw my grief so much more clearly."
"I was able to see I was not alone."
"You find out that you are not crazy."
"A turning point in my life."
"I thought it might be depressing, but honestly it felt good to know I am not alone."
"I would be a mess if it weren't for GriefShare."
"I felt so safe and loved."
"It saved my life."
"Group members quickly became 'family.'"
"GriefShare has given me hope."
"The best thing I ever did for myself."
"This group is amazing. It fills my tank every week."
"I am a new person ready for the next step in my life!"

GRIEF SUPPORT GROUP

GRIEF SHARE[®]

Help and encouragement
after the death of a spouse,
child, family member, or friend

YOUR
JOURNEY
FROM MOURNING TO JOY