



GRIEF SUPPORT GROUP

Your Journey from Mourning to Joy

Tuesdays, 1:30P – 3:00P, St. Clare of Assisi, Parish Hall

February 5 – May 14, 2019

Help and Encouragement After the Death of a Spouse, Child, Family Member, or Friend

GriefShare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone.

Often, friends and family want to help you, but don't know how. We understand how you feel because we've been in the same place. We will walk with you on the long path through grief toward healing and hope for the future.

ABOUT GRIEF SHARE

GriefShare is a network of 12,000+ churches worldwide equipped to offer grief support groups. The program is nondenominational and features biblical concepts for healing from your grief. Learn more about GriefShare at www.griefshare.org.

Date	Session	Weekly Seminar Topic
2/5	1	Is This Normal?
2/12	2	Challenges of Grief
2/19	3	The Journey of Grief – Part I
2/26	4	The Journey of Grief – Part 2
3/5	5	Grief and Your Relationships
3/12	6	Why?
3/19	7	Guilt and Anger
3/26	8	Complicating Factors
4/2	9	Stuck
4/9	10	Lessons of Grief – Part 1
4/30	11	Lessons of Grief – Part 2
5/7	12	Heaven
5/14	13	What Do I Live for Now?

WHAT TO EXPECT

GriefShare is a support group that meets weekly. You'll find it to be a warm, caring environment and will come to see your group as an "oasis" on your long journey through grief. There are three key parts to your GriefShare experience:

1) **Video seminar:** Encouraging, information-packed videos featuring leading grief recovery experts

2) **Support group:** Small group discussion about the weekly video content

3) **Workbook:** Journaling and personal study exercises that reinforce the weekly session topics

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.

COST: \$20, which includes the workbook. Scholarships available.

QUESTIONS / CONTACT

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www.saintcofa.com/griefshare-recovery-support-group