

GRIEF SUPPORT GROUP

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?

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 SHARE

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

YOUR
JOURNEY
FROM MOURNING TO JOY