



14 weeks of video and group discussions for anyone grieving the loss of a loved one.

Group begins August 8, 2018  
(6:30–8:30 pm)

**What is Griefshare:**

GriefShare is a friendly, caring group of people who will walk alongside you through one of life's most difficult journey's - the loss of a loved one.

GriefShare support groups are led by people who understand what you are going through and want to help. You'll gain access to valuable *GriefShare* resources to help you recover from your loss and begin to look toward rebuilding your life.

**How GriefShare Works:**

If you've lost a spouse, child, family member or friend, you've probably found there are not many people who understand the deep hurt you feel. This can be a confusing time when you feel isolated and have many questions about things you've never faced before.

**Video seminar with experts**

Each week your GriefShare group will watch a video featuring top experts on grief and recovery subjects. These are produced with expert interviews, real-life case studies, dramatic reenactments, and on-location video.

**Support group discussion with focus**

After the video, you and the other group members will spend time discussing what was presented in the video and what is going on in your lives.

**Personal study and reflection**

During the week you will have the opportunity to use your workbook for further personal study of the grieving process and to help sort out your emotions through journaling.



Grief never really ceases.  
It is something you carry with you in different ways for the rest of your life.

**Weekly discussion Topics:**

- \* Is this Normal?
- \* Challenges of Grief
- \* The Journey of Grief
- \* Grief and Your Relationships
- \* Why?
- \* Guilt and Anger
- \* Complicating Factors
- \* Stuck
- \* Lessons of Grief
- \* Heaven
- \* What Do I Live for Now
- \* Celebration

**[Click Here to Register Today](#)**

Or call (912) 897-2142 to reserve your spot

Grief is not a disorder, a disease or sign of weakness. It is an emotional, physical and spiritual necessity, the price you pay for love. The only cure for grief is to grieve - *Earl Grollman*

