

GRIEF SUPPORT GROUP

Help and encouragement after the
death of a loved one

GriefShare is a special weekly seminar and support
group designed to help you rebuild your life. We
know it hurts, and we want to help.

Saturdays 9:30am-11:30am, \$15 book fee

July 31 - Nov 13, 2021

Register online at GriefShare.org

Sarah at Christ Community Church, 296-8501

530 S. Pantano Rd.



Each week your GriefShare group will watch a video seminar featuring top experts on grief and recovery subjects. After viewing the video, you and the other group members will spend time discussing what was presented in that week's video. During the week, you will have the opportunity to use your workbook for further study and reflection.

Session Video Topic

1 Is This Normal?

2 Challenges of Grief

3 The Journey of Grief Part 1

4 The Journey of Grief Part 2

5 Grief & Your Relationships

6 Why?

7 Guilt & Anger

8 Complicating Factors

9 Stuck

10 Lessons of Grief Part 1

11 Lessons of Grief Part 2

12 Heaven

13 What Do I Live For Now?

Leadership Team:

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