

VIDEO SEMINARS

GriefShare video sessions are designed to help you successfully travel the journey from mourning to joy.

1. LIVING WITH GRIEF
2. THE JOURNEY OF GRIEF
3. THE EFFECTS OF GRIEF
4. WHEN YOUR SPOUSE DIES
5. YOUR FAMILY AND GRIEF
6. WHY?
7. THE UNIQUENESS OF GRIEF, PT. 1
8. THE UNIQUENESS OF GRIEF, PT. 2
9. GOD'S PRESCRIPTION FOR GRIEF
10. STUCK IN GRIEF
11. TOP 20 LESSONS OF GRIEF, PT. 1
12. TOP 20 LESSONS OF GRIEF, PT. 2
13. HEAVEN

WHEN TO BEGIN

You are welcome to begin attending the GriefShare group at any session. Each is "self-contained," so you do not have to attend in sequence. You will find encouragement and help whenever you begin. You will be able to continue with GriefShare through the next cycle and view any of the videos you have not seen.

REAL HELP FOR DEEP HURT

COMMUNITY

"The finality of death is hard to accept, and that's what a grief group is about... getting you to accept that reality...so that you can go on with your life."

"Helped me to understand that I wasn't alone and that others have been on my same path."

UNDERSTANDING

"The permission I needed to let grief happen."

"GriefShare workbooks and videos are very encouraging."

SUPPORT

"People loving each other in the midst of their hurting."

"We became like a little family."

ENCOURAGEMENT

"We have cried, laughed and grown."

"Hope and joy was evident on her face."

www.griefshare.org

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GRIEF RECOVERY SUPPORT GROUP

GRIEF SHARE®



YOUR JOURNEY FROM MOURNING TO JOY

FACING TOMORROW

It may be hard for you to feel optimistic about the future right now. If you've lost a spouse, child, family member or friend, you've probably found that there are not many people who understand the deep hurt you feel.

That's the reason for GriefShare, a special seminar and support group for people grieving the loss of someone close. This group is sponsored by people who understand what you are experiencing and want to offer you comfort and encouragement during this difficult time.

Each GriefShare session includes a video seminar and group discussion. A GriefShare workbook assists you with note-taking, journaling and grief study. The videos feature top experts on grief recovery, dramatic reenactments about living with grief and real-life stories of people who have experienced losses like yours.

During the small group discussion time, you'll have the opportunity to interact with others who have experienced a recent loss, learn about their experiences and share your own.

GriefShare is a nondenominational group and features biblical teaching on grief and recovery topics. Please join us for the next GriefShare session.

TOP EXPERTISE

GriefShare videos feature interviews with leading authors, counselors, speakers and pastors with years of expertise in grief recovery. There are over 40 GriefShare experts, including:

Sabrina Black	Dr. E. V. Hill
Dee Brestin	Barbara Johnson
Dr. Bill Bright	Dr. Erwin Lutzer
Rev. Noel Castellanos	Lois Rabey
Dr. Tim Clinton	Dr. Joseph Stowell
Dr. Jim Conway	Dr. Siang-Yang Tan
Dr. Larry Crabb	Dr. John Trent
Joni Eareckson Tada	Dr. Paul David Tripp
Elisabeth Elliot	Dr. Edward Welch
Anne Graham Lotz	H. Norman Wright
Dr. Jack Hayford	Zig Ziglar

Find a GriefShare group for a grieving friend or relative in another city: www.griefshare.org

GRIEF SHARE SCHEDULE

GriefShare Support Group

Sundays 4:00 - 5:30 pm

March 17 - June 9
(13 weeks)

Leaders:

Terri Gooch & Lois Clark

All sessions held at Bethel UMC
Nursery Room Fellowship Hall

Call, Email, or Go Online to Signup:
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