

# Grief Share



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 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.

GriefShare groups meet weekly to help you face these challenges and move toward rebuilding your life. Each GriefShare session has three distinct elements:

Each week your GriefShare group will watch a video seminar featuring top experts on grief and recovery subjects. These videos are produced in an interesting-to-watch television magazine format featuring expert interviews, real-life case studies, dramatic reenactments and on-location video.

After viewing the video, you and the other group members will spend time as a support group, discussing what was presented in that week's video seminar and what is going on in your lives.

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. Your group will spend time discussing questions and comments from the workbook study.

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 13-week cycle and view any of the videos you have not seen.

GriefShare is for people grieving the death of a loved one. Many other life situations bring deep grief, such as [separation and divorce](#), a loved one who is dying, estrangement, loss of a loved one to a cult, [loss of custody of a child](#) through divorce and more. If you are struggling with a loss not due to a death, GriefShare is not designed to meet your grief needs for healing. We encourage you to ask your pastor or a church leader for guidance in finding a support group or counselor.

**GriefShare is held twice per year over a 13 week period. The next series will begin February 2, 2018. Registration and Session 1 at 1:00 PM in the Fellowship Hall. Sessions 2 through 13 will meet on Fridays from 1:30-3:30 PM in the Choir**

**Room. The weekly video support group sessions will run for 13 weeks. Each session is self-contained. Those grieving the loss of a loved one may come any time during the 13 week cycle.**

**There is a \$20.00 registration fee. For more information contact Jim McNeill at 910- 579-2405.**

Name(required)

Email(required)

Phone(required)

Contact Me about Grief Share(required)