

## 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?

## When to begin

You are welcome to begin attending our GriefShare group at any point. Each session is "self-contained," so you do not have to attend in sequence. You will be able to pick up any sessions you missed in our next 13-week cycle.

[www.griefshare.org](http://www.griefshare.org)

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## 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 SUPPORT GROUP

GRIEF SHARE<sup>®</sup>

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

YOUR  
JOURNEY  
FROM MOURNING TO JOY



# Support and encouragement for your grief journey

## The care you need. Information you can trust.

After the funeral, when the cards and flowers have stopped coming, most of the people around you return to their normal lives. But your grief continues and you feel alone.

Often, friends and family want to help you, but don't know how. That's the reason for GriefShare. Our group is led by caring people who have experienced grief and have successfully rebuilt their lives. We understand how you feel because we've been in the same place. We will walk with you on the long path through grief toward healing and hope for the future.



## About GriefShare

GriefShare is a network of 15,000+ churches worldwide equipped to offer grief support groups. The program is nondenominational and features biblical concepts for healing from your grief. Learn more about GriefShare at [www.griefshare.org](http://www.griefshare.org).

## What to expect

GriefShare is a support group that meets weekly. You'll find it to be a warm, caring environment and will come to see your group as an "oasis" on your long journey through grief. There are three key parts to your GriefShare experience:

- **Video seminar**  
Encouraging, information-packed videos featuring leading grief recovery experts
- **Support group**  
Small group discussion about the weekly video content
- **Workbook**  
Journaling and personal study exercises that reinforce the weekly session topics



## Our weekly schedule

### FALL 2019

Tuesdays

Sept. 10 – Dec. 3

6:30 – 8:00 pm

Room 202

Buffalo Covenant Church  
1601 Hwy. 25 North  
Buffalo, MN 55313

\$15 for initial cycle and two repetitions if desired.  
scholarships available

Information available at  
[www.buffalocov.org/griefshare](http://www.buffalocov.org/griefshare);  
[www.loveinbigwoods.org](http://www.loveinbigwoods.org) or  
[www.griefshare.org](http://www.griefshare.org) \*

\*To locate other groups that meet in your area or at different times

To register call the church office at  
763-682-1470 to be put  
in contact with facilitators  
or register at [www.griefshare.org](http://www.griefshare.org)

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