

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.

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 Spring 2022

Thursdays

February 10 – May 12

(No class April 14)

6:30 – 8:00 pm

Buffalo Covenant Church

1601 Hwy. 25 North

Buffalo, MN 55313

\$20 for first cycle and two repetitions if desired.
Scholarships available.

Information available at

www.buffalocov.org/griefshare;

www.loveincbigwoods.org or

www.griefshare.org *

To register call Lisa or Byron Gjerstad

763-245-3462 or register at

at www.griefshare.org/findagroup

If you can't attend our Thursday night group, look for a group in the area that fits your schedule. There are 15 daytime and nighttime groups available within 30 miles of Buffalo.

*To locate other groups in our area go to www.griefshare.org/findagroup for their dates and times. You can also go there to find groups worldwide to which you can refer friends and family.

GRIEF SHARE

The logo for GriefShare, with the word 'GRIEF' in a serif font and 'SHARE' in a larger, bold serif font. A stylized, flame-like or leaf-like graphic element is positioned between the two words.