
GriefShare videos feature interviews with leading authors, counselors, speakers and pastor with years of expertise in grief recovery. There are over 45 experts.

Grief Support Group



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

Sept 9, 2014 to Dec 2, 2014
Every Tuesday for 13 weeks.
7:00 pm

Claresholm General Hospital
Multipurpose Board Room.

Hosted by Claresholm Area Chaplain
403 625-8635

Sponsored by Claresholm & District FCSS



Video Seminars

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

1. Is This Normal?
2. Challenges of Grief
3. The Journey of Grief part 1
4. The Journey of Grief part 2
5. Grief and Your Relationships
6. Why
7. Guilt and Anger
8. Complicating Factors
9. Stuck
10. Lessons of Grief, Pt. 1
11. Lessons of Grief, Pt. 2
12. Heaven
- 13 What Do I Live for Now?

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 13 week cycle

What to expect:

GriefShare is a support group that meets weekly. You will 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 Grief Share experience:

Video Seminar

Encouraging, informative-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.

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 featuring top experts on grief and recovery subjects. These videos also include on-location video and real-life stories of people who have experienced losses like yours.

After viewing the video, you’ll participate in a small group discussion about what you’ve seen on the video. You’ll also have the opportunity to interact with others who have experienced a recent loss, learn about their experiences and have the opportunity to 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.