

Grief Recovery
SUPPORT GROUP

GRIEF  SHARE®



YOUR *Journey*
FROM MOURNING TO *Joy*

Part of the
StoneBridge
Cares
Ministry

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 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 week your GriefShare group will watch a video seminar featuring top experts on grief and recovery subjects. 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.

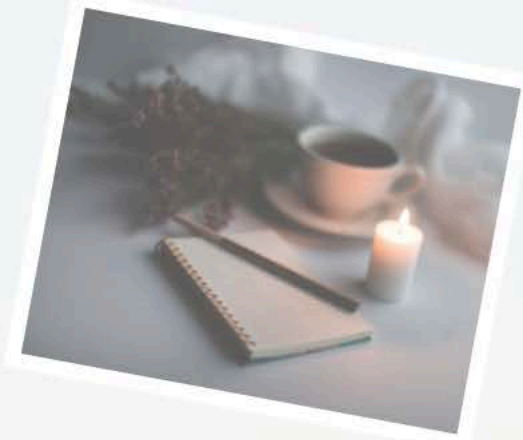
During the small group discussion time, you'll have the opportunity to interact with others who have experienced a recent loss, learn about their experiences and share your own.

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

Top Expertise

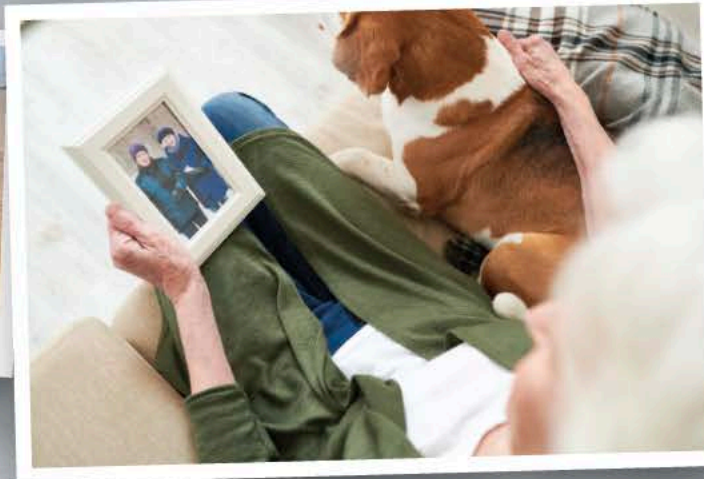
GriefShare video seminars feature interviews with leading authors, counselors, speakers, and pastors with years of expertise in grief recovery.

Dr. Bill Bright	Ruth Graham
Michael Card	Anne Graham Lotz
Carol Cornish	Dr. David Powlison
Dr. Larry Crabb	Dr. Paul David Tripp
Joni Eareckson Tada	James White
Elisabeth Elliot	Zig Ziglar
Elyse Fitzpatrick	and many others



For Upcoming Classes

email care@stonebridge.org
or call 704.549.8272



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, part 1
8. The Uniqueness of Grief, part 2
9. God's Prescription for Grief
10. Stuck in Grief
11. Top 20 Lessons of Grief, part 1
12. Top 20 Lessons of Grief, part 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 13-week 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...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.”

For more information go to
stonebridge.org/care