

GRIEF SHARE

Grief Support Group

A Christian faith approach to healing and hope

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

In the midst of the “calm after the storm”, when the cards and flowers have stopped coming, family and friends have returned to their busy lives, and the chaos and shock of your loved one’s death has settled in, you may be left alone in your grief and uncertainty.

Often, friends and family want to help you, but don’t know how. That’s the mission of GriefShare. Our group is led by caring people who have themselves experienced the pain of grief and have rebuilt their lives. We will walk alongside you through your grief and guide you toward ***healing and hope for the future.***

Some of the topics addressed include:

Is this normal?
How am I supposed to grieve?
Grief is a journey
How relationships are impacted
I want to numb the pain
Guilt and anger
Will this always be so hard?
What about my loved one’s things?
Why do people say things that hurt?
Where’s God in all this?
Will life ever be the same again?
How do I stop crying?
How do I know when I’m healed?

What to expect:

You will experience a warm, caring environment that meets weekly. This 13-week cycle may be entered at any time. Each session includes three key components:

- **Video** featuring grief experts and people who have healed from intense grief.
- **Support Group** discussion about the ideas and experiences from the video.
- **Guidebook** for daily study, journaling, reflection, and thought-provoking ideas.

“GriefShare has given me hope.”

“This group fills my tank every week.”

“I could finally see I was not alone.”

“The best thing I ever did for myself.”

HOST LOCATION

Bethesda Church
123 W. Hamilton (State & Hamilton)
Eau Claire, WI 54701
(Park in back - enter door #8)

DAYS/TIMES

Sessions are designed individually so you may ***JOIN AT ANY TIME.***

For our current schedule,
or go to **www.griefshare.org**,
and click “Find a Group”

TO REGISTER

With limited spots available you can register online at **www.griefshare.org** or locally at **www.c3ec.org**. You can also call **715-835-5073** or stop in and register with our office.

COST:

\$20 covers guidebook and resources.
Pay upon arrival
(Cash or check payable to: *Bethesda*).

QUESTIONS?

Contact Bethesda at **715-835-5073** or **office@bethesdalutheran.org** and someone will contact you.

Find us on fb at
Grief Support / Eau Claire WI

GRIEFSHARE: Frequently asked questions:

- 1. Is GS only for people grieving the death of a loved one?** Yes, this program is not appropriate for other grief circumstances – pets, divorce, job loss, etc. (GriefShare also offers a DivorceCare program).
- 2. What if I attend and realize it's not for me?** We strongly encourage everyone to attend at least 2-3 sessions if they are hesitant, before continuing and purchasing the workbook (the \$20 fee).
- 3. What if I have a hard time keeping it together during a session?** You won't be alone, it's quite common. We have plenty of Kleenex available and it gets used! A typical session will contain laughter and tears, which are both important for healing.
- 4. What if I have to miss any sessions?** We expect most people will have a conflict during the series. You have two options:
 - Make up any missed sessions when the next series is offered.
 - Register online so you have individual home access to any videos you miss.
- 5. Do I have to be a Christian or belong to a church to attend GriefShare?** No. Though the program presents a Christian faith perspective to death, grief, healing and hope, much of what you hear, learn, and discuss will be helpful regardless of your faith.
- 6. Do I have to contribute to the group discussions?** You are not obligated to share anything. We realize it may be difficult to talk about your loss. We do encourage everyone to share when they feel ready. Often your perspective will encourage and inspire others to share. It is also part of the healing process when you express your thoughts and struggles. It's likely you will share more easily as you get to know and trust the people in the group.
- 7. Will my comments be shared outside this group?** No. We emphasize that everyone's comments must be held confidential within the group. By law the group leaders are obligated to share with leadership anything said that indicates harm to yourself or others.
- 8. Is childcare available when I am there?** We will monitor the need for childcare as it develops and do our best to make it available. Please let us know if this is a need you have.
- 9. Should I bring anything?** You can bring your own beverage if you wish, and a snack if you prefer (we will have coffee and water available). Quite often leaders and different group members bring a snack to share. We'll have pens, journals and workbooks for you, and a free Bible if you don't have one.
- 10. Can I enter the series any time during the 13 sessions, or must I wait until the next series begins?**

Each session is self-contained so *you may join a group at any time* and make up any you missed (see #4) at another time. About half of our members come from the previous series to either attend those sessions they missed or to repeat the entire series.
- 11. Will my contact information be shared with others in the group?** No. Only the group leaders will have that information. You can share your contact information with someone if you choose to. We encourage only same-gender contacts just to ensure your safety, as grieving people tend to be more vulnerable to choices they may regret later.