



Hope & Healing

after the death of a loved one

Q: Is GriefShare for me?

When a loved one dies, it can feel like you're alone. At GriefShare, you'll find a safe, comforting place where you can talk with others about your grief. You'll find support, direction, and guidance on how to make it through.

Q: What topics are covered?

- Your Grief Journey
- Sadness & Loneliness
- Fear & Anxiety
- Anger
- Regrets
- Grief & Your Relationships
- Questions for God
- Hope & Resilience

Q: How will GriefShare help me?

- Hear insights from grief recovery experts
- Meet others who understand what you're going through
- Receive comfort and support
- Learn practical tips for navigating your grief

Q: What should I expect at a group?

Each week you can expect to view a 30 minute video filled with helpful guidance, discuss grief related issues, and gain personal recovery tips.

Q: How do I join a group?

Visit our **Welcome Centre** at the back of our Sanctuary to collect a brochure on GriefShare that will provide you with all for meeting information

The #1 grief recovery program in the world
Over 1 million people have found healing through GriefShare