

GRIEF SUPPORT GROUP



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

YOUR JOURNEY FROM MOURNING TO JOY

Our weekly schedule

St. Mary Presentation Catholic Church
602 E. 6th Street, Deer Park
Call (509) 276-2948 to Register

October 7th / 1:00-3:00 pm

Surviving the Loss of a Spouse

Wk 1-October 14th / 1:00-3:00 pm

(Start of 13-Week GriefShare)

Wk 2-October 21st / 1:00-3:00 pm

Wk 3-October 28th / 1:00-3:00 pm

Wk 4-November 4th / 1:00-3:00 pm

Wk 5-November 11th / 1:00-3:00 pm

Wk 6-November 18th / 1:00-3:00 pm

Wk 7-December 2nd / 1:00-3:00 pm

Wk 8-December 9th / 1:00-3:00 pm

Wk 9-December 16th / 1:00-3:00 pm

Wk 10-December 30th / 1:00-3:00 pm

Wk 11-January 6th / 1:00-3:00 pm

Wk 12-January 13th / 1:00-3:00 pm

January 20th / 1:00-3:00 pm

(End of 13-Week Program)



Weekly seminar topics

Is This Normal ?

- Challenges of Grief
- The Journey of Grief - Part One
- The Journey of Grief - Part Two
- Grief and Your Relationships
- Why?

Guilt and Anger

- Complicating Factors
- Stuck

Lessons of Grief - Part One

- Lessons of Grief - Part Two
- Heaven

What Do I Live for Now?

When to begin

You are welcome to begin attending our GriefShare group at any point. Each session is "self-contained," so you do not have to attend in sequence. You will be able to pick up any sessions you missed in our next 13-week cycle.

www.griefshare.org

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