

GRIEF SUPPORT GROUP



A warm, caring environment for those who have experienced loss through death.

WHEN

Tuesday, March 21st—June 20th
6 PM—8 PM

GRIEFSHARE - 13 Week PROGRAM
Your Journey from Mourning to Joy



WHERE

Old St. Mary Parish Office
835 N. Milwaukee St.

What to expect

GriefShare is a support group that meets weekly. You'll find it be a warm, caring environment and will come to see your group as an "oasis" on your long journey though grief. There are three key parts to your GriefShare experience:

- **Video Seminar** - Encouraging, information-packed videos featuring leading grief recovery experts.
- **Support Group** - small group discussion about the weekly video content.
- **Workbook** - journalling and personal study exercised that reinforce the weekly session topic.

Cost

- \$20.00 for the workbook. Scholarships are available.

Contact:

- Terri Balash, Director of Pastoral Care
- 414-469-6173 or tbalash@ffpmke.org

WEEKLY SEMINAR TOPICS

WEEK ONE - MARCH 21
IS THIS NORMAL?

WEEK TWO - MARCH 28
CHALLENGES OF GRIEF

WEEK THREE - APRIL 4
THE JOURNEY OF GRIEF PART 1

TUESDAY APRIL 11
EASTER BREAK - NO MEETING

WEEK FOUR - APRIL 18
THE JOURNEY OF GRIEF PART 2

WEEK FIVE - APRIL 25
GRIEF & YOUR RELATIONSHIPS

WEEK SIX - MAY 2
WHY?

WEEK SEVEN - MAY 9
GUILT & ANGER

WEEK EIGHT - MAY 16
COMPLICATING FACTORS

WEEK NINE - MAY 23
STUCK

WEEK TEN - MAY 30
LESSONS OF GRIEF - PART 1

WEEK ELEVEN - JUNE 6
LESSONS OF GRIEF - PART 2

WEEK TWELVE - JUNE 13
HEAVEN

WEEK THIRTEEN - JUNE 20
WHAT DO I LIVE FOR NOW?