

GRIEF SUPPORT GROUP

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

WHEN

Tuesday, August 8 - October 31, 2023

6 PM–8 PM

GRIEF SHARE - 13 Week PROGRAM

Step by Step - Daily Comfort & Encouragement

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 to be a warm, caring environment and will come to see your group as an "oasis" on your long journey through 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** - journaling 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 - AUGUST 8
IS THIS NORMAL?**

**WEEK TWO - AUGUST 15
YOUR GRIEF JOURNEY**

**WEEK THREE - AUGUST 22
LONELINESS & SADNESS**

**WEEK FOUR - AUGUST 29
SELF CARE**

**WEEK FIVE - SEPTEMBER 5
FEARFUL & OVERWHELMED**

**WEEK SIX - SEPTEMBER 12
ANGER**

**WEEK SEVEN - SEPTEMBER 19
REGRETS**

**WEEK EIGHT - SEPTEMBER 26
GRIEF & YOUR HOUSEHOLD**

**WEEK NINE - OCTOBER 3
GRIEF & YOUR FRIENDSHIPS**

**WEEK TEN - OCTOBER 10
QUESTIONS FOR GOD**

**WEEK ELEVEN - OCTOBER 17
STUCK IN GRIEF**

**WEEK TWELVE - OCTOBER 24
HOPE & RESILIENCE**

**WEEK THIRTEEN - OCTOBER 31
WHAT DO I LIVE FOR NOW?**