

GRIEF SHARE

Grief Support Group

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 normal routine, and the chaos and shock of that initial week or two have passed, you may be left alone in your grief.

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 normal 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 personal 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 Lutheran Brethren Church
123 W. Hamilton (State & Hamilton)
Eau Claire, WI 54701
(park in back - enter door #8)

DAYS/TIMES

Sessions are designed separately, so you may *JOIN AT ANY TIME*.
Contact us for our current schedule, or go to **www.griefshare.org**, and click “Find a Group”

TO REGISTER

Online go to **www.griefshare.org**, and click “Find a Group”, or contact Kurt below to receive a registration form, or register upon arrival.

COST:

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

QUESTIONS?

Contact Kurt Mattison
Lay-Pastor/Director of Care, Bethesda
Chaplain ECPD/ECFD
kurt@c3ec.org or **715-864-9039**

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 – divorce, job loss, etc. (GriefShare also has a DivorceCare program).

2. What if I attend and realize it's not for me?

You may attend one session “free” before paying the \$20 registration fee and receiving a workbook. We strongly encourage everyone to attend at least three sessions before deciding whether or not to continue.

3. What if I have a hard time keeping it together during a session?

You won't be alone, it's quite common. We will have plenty of Kleenex available! If you feel you need to step out of the room to gather yourself that's just fine. One of our leaders will join you if you prefer.

4. What if I have to miss any sessions? (find more about sessions on fb at *Grief Support / Eau Claire WI*)

We expect just about everyone will have a conflict during the 13-sessions. You have a couple options:

- If possible, attend another group that week if we have more than one active group.
- Make up that session during the next series when it is offered.

5. Do I have to be a Christian or belong to a church to attend GriefShare?

You do not. Though the program presents a faith perspective to healing and hope, what you hear and discuss will be just as helpful to non-believers and those who are searching.

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 thoughts and comments will help someone else in the group and stimulate others to share. 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 – on a regular basis – that everyone's comments must be held confidential within the group. By law the group leaders are obligated to share with church 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 barrier to attending.

9. Should I bring anything?

You can bring your own beverage if you wish, and a snack if you prefer (we will have coffee available). We'll have pens if you need one, journals and workbooks for you.

10. Can I jump into the series any time or must I wait until the next one begins?

Each session is self-contained so *you may join a group at any time* and attend those you missed during the next series. Some people attend a whole series more than once. The second-round fee is \$10.

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.