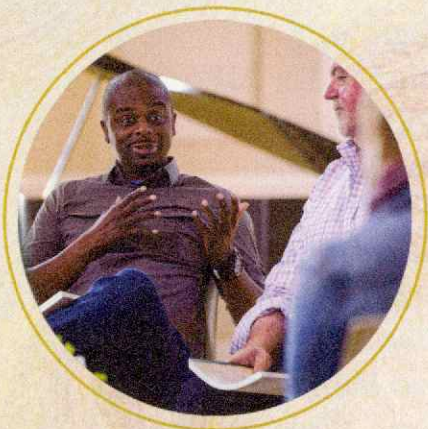


How GriefShare has helped others



Over 1 million people have found healing through GriefShare.

"GriefShare saved my life."

"It was comforting to know that people understood what I was going through."

"It helped me learn how to process my loss."

"A safety net when my world was literally falling apart."

"GriefShare has given me hope."

Learn more about GriefShare



griefshare.org



facebook.com/griefshare



info@griefshare.org



800-395-5755
INT: 919-562-2112

GriefShare®



**The #1 grief recovery
program in the world**

**Find support &
a way forward today**

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. Few people understand how painful and isolating your grief can be. But that doesn't mean you have to suffer by yourself.

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.

If you could use help with any of the topics below, GriefShare is for you.

Q: What topics are covered?

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

And many more ...

Q: How will GriefShare help me?

At this 13-week grief recovery support group, you'll:

- 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
- Discover the 6 signs of healing

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 through your workbook.

3 key parts:



Video seminar



Group discussion



Personal workbook

Q: How do I join a group?

Church and meeting information

Beginning
September 10, 2026
Thursdays
1:00-3:00 p.m.

OR

5:30-7:30 p.m.

For more information:

Contact:

Faith United Methodist Church

1402 Texas Woodward, Ok.

580-256-1402

OR

Karen Bell 580-254-0427

Need another day or time?

Visit griefshare.org/findagroup to find a list of groups in your area. Or find a group meeting online.

Find a group today!

Online groups available

Not able to attend in person?
Know someone who lives out of town?
This option is for you!



No matter what the circumstances, grief recovery is a painful process. We are writing to let you know about a special seminar and support group that we will be sponsoring for people dealing with the loss of a family member.

We understand how deeply grief and loss hurt people and families, and we simply wanted you to know about our GriefShare group. It's a place where many people have found they can begin putting their lives back together again.

Each GriefShare session includes a video seminar featuring top experts on grief and recovery subjects. These videos also include on-location video and the real-life stories of people who have experienced losses like yours.

After viewing the video, you'll participate in a small group discussion about what you've seen on the video. You'll also have the opportunity to interact with others who have experienced a recent loss, learn about their experiences and have the opportunity to share your own.

GriefShare is a nondenominational group and features biblical teaching on grief and recovery topics. If you have family or friends who also have suffered a death in their family you may want to encourage them to join you. Our goal is not to get others to come to our church but to simply be a place where people who are in the grief process can come together and share and care for one another.

GRIEFSHARE WILL BEGIN: THURSDAY, SEPTEMBER 10, 2026
1:00-3:00 P.M. OR 5:30-7:30 P.M.
FAITH UNITED METHODIST CHURCH
1402 TEXAS WOODWARD, OK.

If you have any questions please contact: Karen Bell 580-254-0427

Sincerely,

A handwritten signature in black ink that reads "Karen Bell". The signature is written in a cursive, flowing style.

Karen Bell