

## 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](http://griefshare.org)**



**[facebook.com/griefshare](https://facebook.com/griefshare)**



**[info@griefshare.org](mailto: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*

**When:** Thursdays, 6:00-7:30 pm  
February 8 – May 2

**Where:** Valley Chapel FMC  
3415 State Rt 19S  
Warsaw, NY 14569

**Contact:** Lauren MacConnell  
laurenmacconnell@yahoo.com  
(585) 322-5771

**Register:** Scan QR Code or visit  
valleychapel.org/groups



## Need another day or time?

Visit [griefshare.org/findagroup](http://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!