

GRIEF SHARE[®] Support Group Program

*Are you mourning the death of a special person in your life?
Have you lost someone dear to you such as a child, spouse,
parent, sibling, aunt, uncle, cousin or friend?*

Asking for, and accepting help, is an important part of living in a community.

Our mission is to reach out to those in our community who are on the journey of grief ... a journey none of us ask to take.

GriefShare is a free, Christian-based support group that offers you the help you need. We provide a safe confidential place to share your innermost feelings. Your grief may be the result of a current death or one from many years ago. Grief will ambush you when you least expect it. *Let GriefShare help!*

Living with intense grief not only results in prolonged sadness, but can produce physical and emotional symptoms that threaten one's quality of life. It can also result in performance and attendance issues in your job, reclusive behavior, and a breakdown of relationships with others. Your grief affects others in your life without you even realizing it. Before this happens to you, attend this life changing GriefShare series.

GriefShare sessions are held each Wednesday at 7:00pm in the Huron Conference Room at Helen Newberry Joy Hospital & Healthcare Center. This exciting video program is coupled with a helpful workbook and group discussion. There is no cost for being part of the proven successful support group.

Please join us ... you'll be happy you did.

2018 Wednesday Meeting Dates:

June: 13 • 20 • 27

July: 11 • 18 • 25

August: 1 • 8 • 15 • 22 • 29

September: 5 • 12 • 19 • 26

October: 3 • 10 • 17 • 24 • 31

November: 7 • 14 • 21 • 28

December: 5 • 12 • 19

**For more information, contact Linda by calling 906-293-8084
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