



Concord Baptist Church GriefShare Ministry

GriefShare is a special weekly seminar/support group for people grieving the death of someone close. It's a special place where you can be around people who understand how you feel and the pain of your loss. At GriefShare, you'll learn valuable information that will help you through this difficult time in your life.

For More Information, Contact:

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BEING A PART OF A GRIEF SHARE GRIEF RECOVERY SUPPORT GROUP

"I've never been to a support group like this before. I don't know what to expect."

Most people quickly feel comfortable and accepted in their GriefShare group. They discover there are others who have the same kind of feelings they do—and who understand the hurt they feel and the loss they have experienced. Here is an overview of the GriefShare experience:

You'll probably feel a little nervous about going to GriefShare the first time. Those feelings go away quickly for most people, usually during the first session they attend. GriefShare is a warm, caring environment designed to help you.

You'll discover there are people who understand your hurts, emotions and painful experiences! When someone you love dies, it's common to feel isolated. In GriefShare, you'll find that you are not alone, that there are others who understand what you are going through.

You'll learn helpful, practical information that will help you recover from the pain of grief and loss. The GriefShare DVD videos feature top experts on grief recovery subjects and case studies of people just like you, who have been through the grief experience.

You'll have the chance to talk about your experiences. It can be very healing to tell others what you are going through. The support group sessions include a time to talk about what you've seen on the GriefShare videos and what is going on in your life. And while you have the opportunity to tell your story, there's never pressure for you to do so if you don't feel like it.

You'll have a workbook for personal study and to write down things you've learned. The workbook provides opportunity for further study about the grief process and personal reflection about your grief. The weekly journaling questions help you sort through your emotions. You can tear out and carry with you the perforated "Care Cards" for words of encouragement during the lowest points of your day.

You'll begin to gain closure in your loss. It's sometimes hard to move on in life when you are still dealing with the grief and emptiness that happens after a loved one dies. You'll learn how to go through a healthy season of grieving, then begin transitioning to emotional and spiritual wholeness. We call this "your journey from mourning to joy."

You'll become part of a "family." GriefShare group members often tell us that they feel like their group has become a family, that they made new friends and are around people they can relate to.

You'll discover hope for the future. While things may look bleak now, you'll learn ways to restore your hope and rebuild your life. Many GriefShare alumni tell us the program helped them move from deep grief to peace and a sense of joy again.



Click [HERE](#) and request to receive Daily E-Mail messages that provide you with encouragement and reminders of the recovery process. Interested? View a [Preview of Day 1](#).

Learn more about GriefShare's International Ministry Organization

Visit: www.griefshare.org