

**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: How do I join a group?

*Church and meeting information*

<b>When:</b>	Saturdays, 10 am-12 pm September 9-December 2
<b>Where:</b>	First Free Rockford 2223 N Mulford Rd Rockford, IL 61107
<b>Contact:</b>	Sasha Pogwizd (815) 877-7046
<b>Register:</b>	<a href="http://griefshare.org/findagroup">griefshare.org/findagroup</a>

## 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**

## 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!