

CHATSWORTH CAMPUS

13 Week Sessions

Saturday's March 18th – June 10th
10:00 AM

Hope for Tomorrow

Saturday November 11th 2017
10:00 AM

Surviving the Holidays

Saturday December 16th 2017
10:00 AM

PALMDALE CAMPUS

13 Week Sessions

Saturday's June 17th – September 9th
10:00 AM

Surviving the Holidays

Saturday December 16th 2017
10:00 AM



GRIEF  SHARE

Living Praise Christian Center

9200 Owensmouth Ave, Chatsworth, CA 91311

818-709-5722

2320 E. Ave., R. Palmdale, CA 93550

661-273-0714

WHAT IS GRIEFSHARE?

GriefShare is a 13 week Session Program. At each meeting participants learn about grief-related issues. The topic covered during those 13 sessions can be grouped into the following thematic categories: Comfort, Answer and Hope.

What is it like to be part of a GriefShare grief recovery support group?

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 that day.

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.

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.