

# GRIEF SHARE<sup>®</sup>

*Each week the group will watch a video seminar on DVD. The GriefShare videos cover topics essential to your recovery from the hurt of grief and loss. Each session features helpful, comforting videos and encouraging group discussion. Participants can start at any time. Each week's topic stands alone.*

WEEK	DATE	TOPIC
#1	2/1	Is This Normal?
#2	2/8	Challenges of Grief
#3	2/15	The Journey of Grief, Part 1
#4	2/22	The Journey of Grief, Part 2
#5	3/1	Grief and Your Relationships
#6	3/8	Why?
#7	3/15	Guilt and Anger
#8	3/22	Complicating Factors
#9	4/5	Stuck
#10	4/12	Lessons of Grief, Part 1
#11	4/19	Lessons of Grief, Part 2
#12	4/26	Heaven
#13	5/3	What do I Live for Now?

## **St. Gabriel Parish**

900 Geiger St., Neenah  
Parish Conference Room  
(use parish office entrance)

Contact:

[brownmaryellen47@yahoo.com](mailto:brownmaryellen47@yahoo.com)

Or call 722-4914

Session starts:

**February 1, 2018**

Runs through:

**May 3, 2018**

**6:00 pm - 8:00 pm**

***You can start the group  
at any time on the  
Thursdays listed.***