

2012 GriefShare Sessions – Sundays 4:00 to 5:30 pm

Date	Session Title	Description of Session
Jan 22	Living with Grief	Session 1 introduces participants to GriefShare. It explains what living with grief is like, why participants shouldn't be ashamed of their grief and why they shouldn't rush their healing.
Jan 29	The Journey of Grief	This session prepares participants for what to expect along the journey of grief. It also emphasizes that everyone's journey will be unique and warns against comparing grief experiences.
Feb 5	The Effects of Grief	Often people are surprised at how debilitating grief is. This session explains that this is normal and suggests practical ways to find comfort.
Feb 12	When Your Spouse Dies	This session helps widows and widowers think through the critical issues involved in their healing. It can help them prepare to face life's realities without their loved ones.
Feb 19	Your Family and Grief	This session shares how to keep a family afloat when its members are drowning in grief. It also presents some of the unique issues involved in grieving the death of a child.
Feb 26	The Uniqueness of Grief Part 1	This session explores how the causes of, and personal responses to, a loved one's death affect one's grief. Topics addressed include suicide, long term illness, accidental death, murder and false guilt.
March 4	The Uniqueness of Grief Part 2	Relationships, past and present, affect one's grief. This session helps participants address insensitive comforters and unresolved conflict with a deceased loved one.
March 11	Why?	Just because God doesn't answer all of our questions doesn't mean He won't answer any of them. This session answers "Why" questions and encourages group members to begin asking other questions as well.
March 18	God's Prescription for Grief	The bereaved are often overwhelmed by the advice they receive from others. And often, what goes unnoticed is what God says about healing. This session tells participants how to position themselves to experience God's healing.
March 25	Struck in Grief	It is easy to get stuck along the journey of grief. This session explains how to keep moving on the path to healing.
April 1	Top Twenty Lessons of Grief: Part 1	In this session those who have walked the journey of grief will share what they've learned and how they've grown from their grief experience.
April 8	Easter Sunday – No GriefShare	
April 15	Top Twenty Lessons of Grief: Part 2	In this session we unveil the most significant lessons that can be learned during grief.
April 22	Heaven Potluck dinner	This session gives practical advice on how to tap into, and hold onto, the source of hope in this disappointing world.