

How GriefShare has helped others



Learn more about GriefShare



GriefShare®



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.”



griefshare.org



facebook.com/griefshare



info@griefshare.org



800-395-5755
INT: 919-562-2112

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: 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

Q: How do I join a group?

Church and meeting information

GriefShare is a 13-week session. Classes are:

- April - June on Mondays
1-3pm or 6:30-8:30pm
- September - November on Mondays
1-3pm or 6:30-8:30pm

You can join the group anytime during the session. For more information and to register:

- Sign up online: www.griefshare.org or www.westwoodstcloud.org/care
- Email: info@westwoodstcloud.org
- Call Westwood at 320-230-6700

If you know of anyone that might be interested, please feel free to invite them. This class is open to the public. GriefShare meets upstairs at Westwood in room 254. Please use door 3 to enter the building.

Class Cost: FREE

Workbook: \$20 (scholarships available)



**Westwood
Church**

5719 Walnut Drive
St Cloud, MN 56303

Need another day or time?

Visit 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!