

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

First Baptist Church
130 Main St.
South Berwick, Me
Wednesdays
6:30pm to 8:00pm

See Our Website Calendar for our schedule.

www.fbcsouthberwick.org

Register at
griefshare.org/findagroup



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 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!

**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



facebook.com/griefshare



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GriefShare®



**The #1 grief recovery
program in the world**

**Find support &
a way forward today**

Hope & Healing
after the death of a loved one