



GriefShare

- your journey from mourning to joy



Facing Tomorrow

It may be hard for you to feel optimistic about the future right now. If you've lost a spouse, child, family member or friend, you've probably found that there are not many people who understand the deep hurt you feel.

That's the reason for GriefShare, a special seminar and support group for people grieving the loss of someone close.

This group is sponsored by people who understand what you are experiencing and want to offer you comfort and encouragement during this difficult time.

Each GriefShare session includes a video seminar featuring top experts on grief and recovery subjects. These videos include real-life stories of people who have experienced losses like yours.

After viewing the video, you'll participate in a small group discussion about what you've seen. You also have the opportunity to interact with others who have experienced a loss, learn about their experiences and have the opportunity to share your own.

GriefShare is a non-denominational group and features Christian-based teaching on grief and recovery topics.

Please join us for our next GriefShare session.

Expertise

GriefShare videos feature interviews with leading authors, counselors, speakers and pastors with years of expertise in grief recovery:

Kay Arthur

Dr. Bill Bright

Dr. Larry Crabb

Dr. Jim Conway

Elisabeth Elliot

Dr. Jack Hayford

Barbara Johnson

Anne Graham Lotz

Dr. Luis Palau

Dr. Joseph Stowell

Joni Eareckson Tada

Dr. Stephen Tong

Dr. John Trent

H. Norman Wright

Schedule & Location

South Hills Community Church

6601 Camden Avenue San Jose, CA 95120

Thursday evenings, beginning

**February 25th and running through
May 6th, 2010, 7:00 - 9:00 p.m.**

When to Begin

You are welcome to join GriefShare at any session. Each is "self-contained," so that you don't have to attend in sequence. You will find encouragement and help whenever you begin. You will be able to continue with GriefShare through the next session and view any videos you have not seen.

Video Seminars

GriefShare video sessions are designed to help you successfully travel your journey from mourning to joy:

When Dreams Fall Apart

The Seasons of Grief

The Emotions of Grief (pt. 1)

The Emotions of Grief (pt. 2)

Where is God?

Stuck in Grief-Moving On

When Your Spouse Dies

Your Family and Grief

Grief Recovery Tool Kit



Contact

For additional information, or to register contact, Lin MacCrae at 408.997.7884 or email nmacrae@aol.com

There is no cost to the participant. Refreshments will be provided.



Quotes from South Hills GriefShare Participants

"The environment was wonderfully supportive and the leaders truly compassionate."

"By being able to share my experience and hearing other's stories, I feel it has helped me grieve in a healthy manner."

"Being able to talk freely about my feelings and problems without being judged was a relief."

"The course helped me to open up and share from my heart my struggles."

"It helped me to see the normal course of grief and assured me that what I was going through was normal."

"I'm thankful for the honest sharing, the laughter and the new friends I've made."



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South Hills Community Church

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www.southhills.cc

Office Hours
Monday - Friday
9:00 am - 5:00 pm

Sunday Service
10:00 am

