

# GriefShare®

## SUPPORT GROUP

Hello!

First Reformed Church is beginning a new grief support ministry called GriefShare. This is a positive, uplifting, caring group in which you can learn how to deal with the emotions and challenges that come when a loved one dies.

Please review the attached information and feel free to share it with other adults in your lives and community who are grieving the death of a family member or friend. They too are welcome and will benefit by joining us.

First Reformed Church's GriefShare Support Group begins Sunday, August 3. The sessions will be held each week on Sunday from 5 to 7 p.m. here at First Reformed in Inwood.

GriefShare is a grief support group that focuses on helping people who are dealing with a loved one's death. Each weekly video session features nationally respected grief experts and real-life stories, followed by small group discussion about the topics presented. Each person receives a participant guide with valuable exercises, journaling, tools, and articles for dealing with the daily changes of grief. There is no requirement to share your experience, you will find encouragement through hearing the experiences of others.

At each GriefShare session you will find encouragement and help in grieving the death of your loved one. No matter the cause of your loved one's death, this is an opportunity to be around people who understand what you are feeling. You'll learn how to recognize the symptoms of being stuck in grief and how to cope with the emotions that come when grieving a death. You will learn valuable information on facing life situations and you'll gain renewed hope for the future. These sessions are open to any adult regardless of whether your experience is recent or in the past.

The group is led by our Family, Life, & Ministry of Care Prover, Anita Van Veldhuizen and other volunteers who have personally experienced grief due to a loved one's death. Our leaders are trained in facilitating a GriefShare support Group.

There is no fee to attend our GriefShare support group. Information about the weekly topics can be found on the GriefShare website at [griefshare.org](http://griefshare.org).

For questions or additional information, please connect with Anita at [anita.vanv@yahoo.com](mailto:anita.vanv@yahoo.com) or (712) 540-1521.