

## **GriefShare Class Descriptions**

Each week your group will watch a video seminar on DVD. The GriefShare videos cover topics essential to your recovery from the hurt of grief and loss. The videos are produced in a compelling television magazine format and feature interviews with grief recovery experts, dramatic reenactments, on-location video and real-life stories of people who have experienced the death of a loved one. Here is a list of the weekly topics:

### **Session 1**

This session introduces you to GriefShare. It also explains what living with grief is like, why you shouldn't be ashamed of your grief and why you shouldn't rush through your healing.

### **Session 2**

This session prepares you for what to expect along the journey of grief. At the same time, it emphasizes that everyone's journey is unique and warns against comparing grief experiences.

### **Session 3**

You're probably surprised at how debilitating grief is. This session explains that this is normal and suggests practical ways to find comfort.

### **Session 4**

If you've lost your spouse, this session helps you think through the critical issues involved in your healing. It also begins preparing you to face the difficult transition into a new reality without your spouse.

### **Session 5**

This session shares how to keep your family afloat when its members are drowning in grief. It also presents some of the unique issues involved if you're grieving the death of a child.

### **Session 6**

Just because God doesn't answer all of your questions doesn't mean He won't answer any of them. This session answers the "Why" questions and encourages you to begin asking other questions as well.

### **Session 7**

This session explores how the causes of, and your responses to, your loved one's death affect your grief. Topics addressed include suicide, long-term illness, murder and false guilt.

**Session 8**

Relationships, past and present, affect your grief. This session helps you address insensitive comforters and unresolved conflict with a deceased loved one.

**Session 9**

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 you how to position yourself to experience God's healing.

**Session 10**

It's easy to get stuck along the journey of grief, This session explains how to keep moving on the path to healing.

**Session 11**

In this session, those who've walked the journey of grief will share what they've learned and how they've grown from their grief experience.

**Session 12**

In this session, you'll hear the most significant lessons that can be learned during grief.

**Session 13**

This session gives practical advice on how to tap into, and hold onto, the source of hope in this disappointing world.



[www.firstcanton.com/griefshare](http://www.firstcanton.com/griefshare)