

GriefShare

GVPC will offer the GriefShare grief support program again, starting on Sunday, September 8, 1:00 PM – 3:00 PM in the Conference Room. We will offer Surviving the Holidays on one Sunday in November, and GriefShare should be completed on December 8.

GriefShare has 13 weekly sessions. Each session includes a video, presented by experts in grief support, followed by a discussion of what was learned. Each participant will have a workbook, which contains discussion questions and exercises that go with each session. Each meeting is led by a Facilitator. Responsibility for GriefShare lies with the Membership & Outreach Committee, co-chaired by Dave Cornell and Doug Small.

A brochure providing more details about GriefShare, including the topic of each session, can be found in the Narthex, on the right-hand shelf as you exit. Please contact Dave Cornell or Doug Small with questions. Information can be found also by visiting the GriefShare website at www.griefshare.org.

Please let us know as soon as you can if you are interested in attending. There is a sign-up sheet in the Narthex, next to the brochures. You can register through the www.griefshare.org website, using the “Find a Group” feature, or you can call the church office.