

***Do I have to be a member of
Calvary Temple to attend?***

No, the class is open to both members and non-members of Calvary Temple.

When To Begin

You are welcome to being attending the GriefShare groups at any session. Each is “self-contained,” so that you do not have to attend in sequence. You will find encouragement and help whenever you begin.

Real help for deep hurt.

“I don’t think we should ever apologize for our tears.”

H. Norman Wright

“I felt like I had a big hole in my heart.”

Melissa

“It does get better.”

Barbara Johnson



Weekly Seminar Topics

- *Is This Normal?
- *Challenges of Grief
- *The Journey of Grief - Part 1
- *The Journey of Grief - Part 2
- *Grief and Your Relationships
- *Why?
- *Guild and Anger
- *Complicating Factors
- *Stuck
- *Lessons of Grief - Part 1
- *Lessons of Grief - Part 2
- *Heaven
- *What Do I Live for Now

In Their Own Words

- “A safety net when my world was literally falling apart.”
- “The permission I needed to let grief happen.”
- “I saw my grief so much more clearly.”
- “I was able to see I was not alone.”
- “You find out that you are not crazy.”
- “A turning point in my life.”
- “I thought it might be depressing, but honestly it felt good to know I am not alone.”
- “I would be a mess if it weren't for GriefShare.”
- “I felt so safe and loved.”
- “It saved my life.”
- “Group members quickly became ‘family.’”
- “GriefShare has given me hope.”
- “The best thing I ever did for myself.”
- “This group is amazing. It fills my tank every week.”
- “I am a new person read for the next step in my life.”

GriefShare Schedule

When: Thursday Nights
Weekly

Time: 7:00 P.M.

Location: Calvary Temple
1111 Preakness Ave.
Wayne, N.J. 07470

Room: 204

For more information contact:

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