

Real help for those in deep hurt on  
the journey from mourning to *joy*

# GRIEF SHARE<sup>®</sup>

*Grief Recovery Support Group*

## Fall Session on Wednesdays

September 5, 2018 to November 28, 2018

(13 weeks at Mentor United Methodist Church)

1:00 p.m. to 3:00 p.m.

Cost: \$20.00 (includes book)

Weekly Videos Seminars are designed to help you successfully travel the journey from mourning to joy:

1. Is This Normal?
2. Challenges of Grief
3. The Journey of Grief, part 1
4. The Journey of Grief, part 2
5. Grief and Your Relationships
6. Why?
7. Guilt and Anger
8. Complicating Factors
9. Stuck
10. Lessons of Grief, part 1
11. Lessons of Grief, part 2
12. Heaven
13. What Do I Live for Now?

**Facilitators** Rev. Bev Wrobel PC and Jan Metcalf

**Register** by calling or e-mailing Pastor Bev Wrobel (440) 255-3496 x106 blwrobel@mentorumc.org. For more information visit the **GRIEF SHARE** website at [www.griefshare.org](http://www.griefshare.org).



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