



GriefShare Program

Our GriefShare Support Groups offer biblical, Christ-centered teachings that focus on grief associated with the death of a loved one. The DVD video series has 13 sessions and features nationally respected grief experts and real-life stories from people just like you. Small group discussions follow the video and serve to reinforce and personalize each presentation. Privacy and confidentiality are very much a part of our program.

While many friends or families have already returned to their daily routines, some grieving people find that they have only just started their process of healing. Too often, people tend to ignore their grief instead of allowing it to do the God-given work for which it was intended. Do not allow your fear of “what others may think” keep you from doing things that could help you.

Your bereavement experience may be recent or it may have lingered for years. In either case, GriefShare offers encouragement, comfort, and help for those grieving the death of a family member or a friend. Regardless of the cause of your loved one’s death, this program is an opportunity to be around people who can relate to what you are feeling. You will learn how to recognize the symptoms of being stuck in grief. You will also learn that you do not need to live in bondage to destructive emotions. This program will give you valuable information about facing your life and renewing your hope for the future.

Participants can start during any part of the 13-session cycle. This cycle will repeat several times each year and there is no specific order that you must follow. Attend the topics of interest to you and start and stop as needed to meet your personal schedule.

Currently, this program is only offered in [ENGLISH](#)

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- Time:** GriefShare sessions will be held every [Sunday from 2:30PM to 4:00PM, CST](#)
- Location:** Prince of Peace Catholic Community (POP), St. Joseph’s Building, 2nd floor, [Room 213](#)
- Date:** See the POP or G/S websites or call for the exact schedule
- Cost:** **NO CHARGE** (both the Sessions and the Workbooks are FREE)
- Childcare:** Not available from POP at this time. Anyone 14 years or older is welcome
- Questions:** Contact POP, Pastoral Care at 281.469.2686, x214 or griefshare@pophouston.org
- To register:** Prior to the Session, please call, fax or email POP
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Prince of Peace Catholic Community (POP)

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Pastoral Care Ministry
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