

# GriefShare®

The GriefShare Ministry offers a 13-week class. These classes are designed to lead those who are hurting from the loss of a loved one to a place of encouragement and restoration through God's word.

Our next GriefShare series begins on Sunday, August 16<sup>th</sup>, 2026, from NOON to 2:00 pm. Topics for each week are listed below. Please register online at: [CalvaryMurrieta.com/GriefShare](http://CalvaryMurrieta.com/GriefShare).

WEEK	SESSION TOPIC	DATE
<b>Special</b>	<b>Loss of a Spouse</b>	<b>8/9/2026</b>
1	Is This Normal?	8/16/2026
2	Your Grief Journey	8/23/2026
3	Loneliness & Sadness	8/30/2026
4	Self-Care	9/6/2026
5	Fearful & Overwhelmed	9/13/2026
6	Anger	9/20/2026
7	Regrets	9/27/2026
8	Grief & Your Household	10/4/2026
9	Grief & Your Friendships	10/11/2026
10	Questions For God	10/18/2026
11	Stuck In Grief	10/25/2026
12	Hope & Resilience	11/1/2026
13	What Do I Live For Now?	11/8/2026
<b>Special</b>	 <b>SURVIVING THE HOLIDAYS</b> 	<b>11/15/2026</b>