

GriefShare

Frequently Asked Questions

- **Do I need to be a church member at North Lake Presbyterian Church to attend the program?** No, the program is here to serve the greater grieving community.
- **Do I need to be a Christian to attend?** No, but the program is Christian based and one should aware much of the program has a Biblical basis.
- **How long is the program?** 13 weeks, classes run one and one-half hours with as 35–45-minute video followed by discussion.
- **Do I need a workbook?** One will be provided.
- **What if I do not like the program?** It is recommended you attend at least three sessions before making any decisions about future attendance.
- **What if I can't make every session?** The sessions do not generally build on each other. Attending all 13 sessions is best, but missing a session or two if necessary is OK.
- **Can I repeat the program?** Yes, many do as each session is so full of good information it is hard to digest any one session in one sitting.
- **When is it best to attend?** Every person's grief walk if different, when you are ready you will know.
- **Do I have to speak during the discussion periods?** No, you do not.
- **Who chairs the sessions?** Congregational Care Pastor Lynn Miller and Steve Gerwin, who has been through the program after his wife of 32 years was called to heaven.
- **Is there homework?** Yes, but it is not a requirement the homework is completed but it can be very helpful in the healing process.
- **Does this program really help?** For most who attend the program it is the first place they have been where they are amongst fellow grievers that understand. The thoughts and experiences shared can be very helpful.
- **Who should attend?** The program is intended for individuals that have lost through death someone close to them, a spouse, a child, a sister or brother, a close friend any close acquaintance.
- **What about confidentiality?** Everything discussed in each session is agreed to be confidential and not discussed beyond the GriefShare program.
- **What is after GriefShare?** North Lake has a program called ***Good Grief*** to continue the conversation about the journey from mourning to joy.
- **When is the next course series offered and where do I get more information about this program?** Call the church office at 352-753-8484 to talk with Pastor Lynn Miller.