

# GRIEF SHARE SUPPORT GROUP

JOIN US ONLINE USING ZOOM

EVERY 1<sup>ST</sup> & 3<sup>RD</sup> THURSDAY

6:30 – 8:00 PM



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GriefShare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone.

The meetings are about one and a half hours and include a video seminar series and discussions. Each session covers topics about the hurt of grief and loss, and feature videos interviews with grief recovery experts, mini-dramas, and real-life stories. Join at any time.

## 2020-2021 SESSION

9.17 Is This Normal?  
10.01 Challenges of Grief  
10.15 Journey of Grief P1  
11.05 Journey of Grief P2

11.19 Surviving the Holidays  
12.03 Grief & Relationships  
12.17 Why?  
1.07 Guilt & Anger  
1.17 Complicating Factors

2.04 Stuck  
2.18 Lessons of Grief P1  
3.04 Lessons of Grief P1  
3.18 Heaven  
4.01 What Do I Live for Now