



## GriefShare Schedule—Starts Oct 8

### Sundays 2023-2024

<b>Session 1 Is This Normal?</b>	<b>Sun, Oct 8, 2023 1:00PM—3:00PM</b>
<b>Session 2 Your Grief Journey</b>	<b>Sun, Oct 15, 2023 1:00PM—3:00PM</b>
<b>Session 3 Loneliness and Sadness</b>	<b>Sun, Oct 22, 2023 1:00PM—3:00PM</b>
<b>Session 4 Self-Care</b>	<b>Sun, Oct 29, 2023 1:00PM—3:00PM</b>
<b>Session 5 Fearful and Overwhelmed</b>	<b>Sun, Nov 5, 2023 1:00PM—3:00PM</b>
<b>Session 6 Anger</b>	<b>Sun, Nov 12, 2023 1:00PM—3:00PM</b>
<b>Session 7 Regrets</b>	<b>Sun, Nov 19, 2023 1:00PM—3:00PM</b>
<b>No Class –Thanksgiving</b>	<b>Sun, November 26, 2023</b>
<b>Session 8 Grief And Your Household</b>	<b>Sun, Dec 3, 2023 1:00PM—3:00PM</b>
<b>Session 9 Grief and Your Friendships</b>	<b>Sun, Dec 10, 2023 1:00PM—3:00PM</b>
<b>Session 10 Questions for God</b>	<b>Sun, Dec 17, 2023 1:00PM—3:00PM</b>
<b>No Class—Christmas Break</b>	<b>Sun, Dec 24, 2023</b>
	<b>Sun, Dec 31, 2023</b>
<b>Session 11 Stuck in Your Grief</b>	<b>Sun, Jan 7, 2024 1:00PM—3:00PM</b>
<b>Session 12 Hope and Resilience</b>	<b>Sun, Jan 14, 2024 1:00PM—3:00PM</b>
<b>Session 13 What Do I Live For Now?</b>	<b>Sun, Jan 21, 2024 1:00PM-3:00PM</b>

If More Information is Needed Contact  
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