



## **GriefShare Schedule—Starts Jan 14** **Sundays Spring 2024**

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| <b>Session 1 Is This Normal?</b>            | <b>Sun, Jan 14, 2024 3:00PM—5:00PM</b>   |
| <b>Session 2 Your Grief Journey</b>         | <b>Sun, Jan 21, 2024 3:00PM—5:00PM</b>   |
| <b>Session 3 Loneliness and Sadness</b>     | <b>Sun, Jan 28, 2024 3:00PM-5:00PM</b>   |
| <b>Session 4 Self-Care</b>                  | <b>Sun, Feb 4, 2024 3:00PM - 5:00PM</b>  |
| <b>No Class—Superbowl</b>                   | <b>Sun, Feb 11, 2024</b>                 |
| <b>Session 5 Fearful and Overwhelmed</b>    | <b>Sun, Feb 18, 2024 3:00PM-5:00PM</b>   |
| <b>Session 6 Anger</b>                      | <b>Sun, Feb 25, 2024 3:00PM-5:00PM</b>   |
| <b>Session 7 Regrets</b>                    | <b>Sun, March 3, 2024 3:00PM-5:00PM</b>  |
| <b>Session 8 Grief And Your Household</b>   | <b>Sun, March 10, 2024 3:00PM-5:00PM</b> |
| <b>Session 9 Grief and Your Friendships</b> | <b>Sun, March 17, 2024 3:00PM-5:00PM</b> |
| <b>Session 10 Questions for God</b>         | <b>Sun, March 24, 2024 3:00PM-5:00PM</b> |
| <b>Easter No Class</b>                      | <b>Sun, March 31</b>                     |
| <b>Session 11 Stuck in Your Grief</b>       | <b>Sun, April 7, 2024 3:00PM—5:00PM</b>  |
| <b>Session 12 Hope and Resilience</b>       | <b>Sun, April 14, 2024 3:00PM—5:00PM</b> |
| <b>Session 13 What Do I Live For Now?</b>   | <b>Sun, April 21, 2024 3:00PM-5:00PM</b> |

**If More Information is Needed Contact**  
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