

GRIEF SHARE

Calendar of Events

We meet from 2-4 p.m. in the Front Porch (Rm #116).

- September 14 — **The Loss of a Spouse**
- September 21 — *Session 1* **Is This Normal?**
- September 28 — *Session 2* **Your Grief Journey**
- October 5 — *Session 3* **Loneliness & Sadness**
- October 12 — *Session 4* **Self-Care**
- October 19 — *Session 5* **Fearful & Overwhelmed**
- October 26 — *Session 6* **Anger**
- November 2 — *Session 7* **Regrets**
- November 9 — *Session 8* **Grief & Your Household**
- November 16 — **Surviving The Holidays**
- November 23 — *Session 9* **Grief & Your Friendships**
- November 30 — **Not Meeting**
- December 7 — *Session 10* **Questions for God**
- December 7 — *Session 11* **Stuck in Grief**
- December 14 — *Session 12* **Hope & Resilience**
- December 14 — *Session 13* **What Do I Live for Now?**

