

GriefShare Begins February 28, 2019

The spring session of GriefShare (13-week program) begins on Thursday evenings (Feb. 28 – May 30) from 6:00 – 8:00 pm in the former Plain City Elementary School building (classroom #110), located at 340 W. Main Street. Anyone who is grieving the death of a loved one is welcome to attend any of the GriefShare sessions. Each session is “self-contained,” so you do not have to attend in sequence.

The 1st session, titled "**Is This Normal?**" introduces participants to GriefShare and explains why their grief experience is harder than they imagined, why the intensity and duration of their emotions are normal and appropriate, and despite how they feel right now, there is reason for hope.

Each GriefShare session includes a video seminar, small group discussion, and workbook study. There is a \$15 suggested donation, which covers the cost of the workbook. To register, please call Janet at **614-561-7411**.