

## GriefShare – Week 2

The 2<sup>nd</sup> week session is titled, “**Challenges of Grief.**” This session prepares the group for more eye-opening reasons why their pain is so overwhelming, shows some of the overlooked, yet common, effects grief has on the mind, body, and spirit, and how to get things done when you don’t feel you have any energy.

If you are grieving the death of a loved one, you are welcome to join us for any of the sessions held on Thursday evenings from 6:00 – 8:00 pm in the former Plain City Elementary School building (classroom #110 near the lobby), located at 340 W. Main Street in Plain City. To register, please call Janet at **614-561-7411**.