

GriefShare – Week 8 (April 25)

This session is titled, “**Complicating Factors.**” It shows how traumatic experiences affect grief, how to deal with nightmares and flashbacks, and how your thinking affects your emotions. **Please note: we will NOT meet on Maundy Thursday.**

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**.