

GriefShare – Week 2

The 2nd 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 in-person sessions held on Thursday evenings from 6:00 – 8:00 pm in our **NEW location at St. Paul Lutheran Church, 7960 State Route 38, Milford Center, OH 43045.** To register, please call or text Deaconess Janet Nicol at **614-561-7411.**

Due to the potential spread of the COVID-19 virus, we ask that you wear a mask (if medically possible) during the GriefShare sessions. Please stay home if you are sick or have any symptoms. Class will take place in the church Sanctuary, where proper seating distance and cleanliness is maintained.