

### GriefShare – Week 3

The 3<sup>rd</sup> week session is titled, “**The Journey of Grief – Part 1.**” This session features helpful goals one can set on your journey of grief, how to deal with those who try to rush you through grief, and how long the journey of grief typically lasts.

If you are grieving the death of a loved one, you are welcome to join us for any of the in-person sessions being 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.