

## **New Edition of GriefShare begins on February 15, 2024**

We are excited to offer a brand-new edition of GriefShare! The fall GriefShare program begins **in-person** classes on Thursday evenings (Feb. 15 – May 16) from 6:00 – 8:00 pm at **St. Paul Lutheran Church, 7960 State Route 38, Milford Center, OH 43045**. 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 1<sup>st</sup> session, titled "Is This Normal?" helps participants to see what's normal in grief and why it affects so many aspects of their life. They will discover that:

- Grief is the natural response to significant loss.
- Grief is difficult because it affects all aspects of your life.
- Processing your grief takes time, but you will be okay.

GriefShare is a bible-based support group for people who are grieving the death of a loved one. Each GriefShare session includes a 30-minute video, small group discussion, and participant guide study. There is a \$20 suggested donation, which covers the cost of all materials. To register, please visit **[www.griefshare.org](http://www.griefshare.org)** or text Deaconess Janet Nicol at **614-561-7411**.

If you are still struggling with or have questions about your grief, we encourage you to check out this **NEW** edition of GriefShare. Feel free to invite your family and/or friends to attend with you. We look forward to sharing this exciting time of encouragement and healing with you.