

## **New Edition of GriefShare – Week 2**

We are excited to offer a brand-new edition of GriefShare! The spring 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 2<sup>nd</sup> session, titled "Your Grief Journey" helps participants learn ways to safely manage and deal with grief related stresses. Through the video and Step by Step exercises, you'll discover:

- How your circumstances affect your grief.
- There are different grieving styles.
- Possible surprises & the back-and-forth nature of the grief journey.

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.