

New Edition of GriefShare – Week 3

The 3rd session, titled "Loneliness & Sadness" helps participants discover that:

- Sadness can slow you down to assess where you're struggling & what might help.
- Sadness lessens as you make adjustments in your life.
- Making meaningful connections eases loneliness.

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** 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.