

New Edition of GriefShare – Week 4

The 4th session, titled "Self-Care" helps participants learn ways to take care of themselves while grieving and start to rebuild their energy and health. They'll discover:

- Healthy lifestyle practices while grieving.
- Numbing with unhealthy behaviors hinders progress.
- How to build a relationship with the God of comfort & strength.

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.