

New Edition of GriefShare – Week 6

The 6th session, titled "Anger" helps participants learn how to process their anger in a healthy way. This week's video and Step by Step exercises will help them do that. They'll learn:

- Anger can give you energy to make needed changes.
- Anger is powerful, but God can help you manage it.
- Forgiveness is important for you & your relationships.

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.

***Please Note: There will be NO GriefShare on Maundy Thursday, March 28. ***