

New Edition of GriefShare – Week 9

The 9th session, titled "Grief & Your Friendships" helps participants discover:

- Other people can help you deal with changes.
- Having realistic expectations of others is important.
- How to talk to people who are uncomfortable with grief.

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.