

Each weekly GriefShare meeting focuses on a topic important to the grief recovery process: You can join us anytime.

## Saturday @ 10 AM 2025

8/9	IS THIS NORMAL?
8/16	YOUR GRIEF JOURNEY
8/23	LONELINESS & SADNESS
8/30	SELF CARE
9/6	FEARFUL & OVERWHELMED
9/13	ANGER
9/20	REGRETS
9/27	GRIEF AND YOUR HOUSEHOLD
10/4	GRIEF AND YOUR FRIENDSHIPS
10/11	QUESTIONS FOR GOD
10/18	STUCK IN GRIEF
10/25	HOPE & RESILIENCE
11/1	WHAT DO I LIVE FOR NOW?

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<sup>&</sup>quot;I will turn their mourning into gladness; I will give them comfort and joy instead of sorrow." Jeremiah 31:13