

Dates: January 16 through April 3

Time: 10 a.m. to 12 p.m.

Your bereavement experience may be recent or not so recent. Whether you are grieving the loss of a spouse, child, parent, sibling, grandchild, other family member, or a friend, and no matter what the cause of your loved one's death, you will find encouragement, comfort, and help by being with others who understand what you are feeling. The course covers the topics below and includes video sessions, online materials, and a workbook.

You can join the seminar series at any point, and all are welcome. All meetings will be held in the church library except as noted below.

To register: go to GriefShare.org, click on Find a Group, and use the River Forest zip code (60305) to locate our group; call 708-366-6900; or email gracechurch@graceriverforest.org. For further information, contact facilitator Linda Bernard at 773-259-4720 or at lmbernard5@gmail.com.

Session Dates

January

16: Is This Normal?

23: Your Grief Journey

Conference room

30: Loneliness & Sadness

February

6: Self-Care

13: Fearful & Overwhelmed

20: Anger

27: Regrets

Conference Room

March

6: Grief, Your Household, and Your Friendships

13: Questions for God

20: Stuck in Grief

27: Hope & Resilience

April

3: What Do I Live For Now?

Conference Room