

GriefShare Seminar Series

Thursdays, September 18–December 11, from 10 a.m. to 12 p.m.

Location: Church Library, unless noted below

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 cost for the course is \$20 and includes video sessions, online materials, and a workbook.

You can join the seminar series at any point, and all are welcome. 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 by email at lmbernard5@gmail.com.

Schedule

- September 18: Is This Normal?
- September 25 (Conference Room): Your Grief Journey
- October 2: Loneliness & Sadness
- October 9: Self-Care
- October 16: Fearful & Overwhelmed
- October 23: Anger
- October 30 (Conference Room): Regrets
- November 6: Grief, Your Household, & Your Friendships
- November 13: Questions for God
- November 20 (Conference Room): Stuck in Grief
- November 27: No Meeting
- December 4: Hope & Resilience
- December 11: What Do I Live For Now?