

## GriefShare Seminar Series

A new offering of the 12-week GriefShare seminar series begins on Thursday, January 22, 2026. The sessions will be held on Thursdays, January 22–April 9, from 10:00 a.m. to noon. All meetings will be held in the church library except as noted below. All are welcome, and you can join at any time.

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.

- January 22: Is This Normal?
- January 29: Your Grief Journey (conference room)
- February 5: Loneliness & Sadness
- February 12: Self-Care
- February 19: Fearful & Overwhelmed
- February 26: Anger (conference room)
- March 5: Regrets
- March 12: Grief, Your Household, & Your Friendships
- March 19: Questions for God
- March 26: Stuck in Grief (conference room)
- April 2: Hope & Resilience
- April 9: What Do I Live For Now?

To register: go to [GriefShare.org](https://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](mailto:gracechurch@graceriverforest.org). For further information, contact facilitator Linda Bernard at 773-259-4720 or at [lmbernard5@gmail.com](mailto:lmbernard5@gmail.com).