



GriefShare Seminar Series

A new offering of the 12-week GriefShare seminar series begins on Thursday, September 17, 2026. The sessions will be held on Thursdays, September 17 – December 10, at 10 a.m. You can join the seminar series at any point, and all are welcome. Most meetings will be held in the church library.

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.

- September 17: Is This Normal? (Church Library)
- September 24: Your Grief Journey (Conference Room)
- October 1: Loneliness & Sadness (Church Library)
- October 8: Self-Care (Church Library)
- October 15: Fearful & Overwhelmed (Church Library)
- October 22: Anger (Conference Room)
- October 29: Regrets (Church Library)
- November 5: Grief, Your Household, & Your Friendships (Church Library)
- November 12: Questions for God (Church Library)
- November 19: Stuck in Grief (Conference Room)
- November 26: **no meeting (Thanksgiving)**
- December 3: Hope & Resilience (Church Library)
- December 10: What Do I Live For Now? (Church Library)

To register: go to [GriefShare.org](https://www.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.