CHRIST CHURCH
GRIEF SUPPORT GROUP

This six-session series is for adults grieving the death of a loved one. The group includes education about grief and loss and provides participants an opportunity to share their experience.

Connecting with others hand-in-hand who are also grieving a loss can help you through this difficult journey. You will be provided with a safe, supportive environment for healing.

Using discussion and storytelling, can help you understand the grieving process and your emotions, as well as give you strategies for coping with guilt, anger and loneliness on special days and holidays.

It is recommended that participants wait at least two months after a death before attending a group.

There is no cost for attending this open group.



Allow us to connect ***hand-in-hand*** with you!

6pm-7pm: October 15 & 22; November 19; December 17; January 7 & 21.

Zoom link:
https://us06web.zoom.us/j/88251220962?pwd=JZe07lfHvdr441lMlLKSxrgR3CzFQL.1

Meeting ID: 882 5122 0962
Passcode: 782916