# GROWING THRU GRIEF

*November 2026*

**NOV 3**

***When Death Begets More Loss***
***4:00 pm***
**Brynn White**

**NOV 10**

***Beaty Will Save Us: Finding Hope Through the Contemplative Arts***
***4:00 pm***
**Timothy Auman**

**NOV 17**

***Grieving Through the Holidays***
***4:00 pm***
***Duke Hospice Bereavement Services***

**NOV 24**

***It's Okay to Not be Okay***
**4:00 pm**
**Sharon Walker**