

News from Growing thru Grief

At Growing thru Grief, we're continuing to offer grief support to those grieving the loss of a loved one. We meet each week, year-round, except for major holidays. Our meetings begin with a presentation about part of the grief process, and then we break into small groups for conversation and sharing. At the end, we return to the large group for announcements and a closing. Here is our schedule for the rest of the year:

- October 29** "The Path Forward," with Bill Dahl and William Holloman
- November 5** "Resilience and Hope—Dancing with Divine Fire," with Thankam Regana
- November 12** "Tokens that Tell the Story," with Jim Lewis
- November 19** "Preparing for the Holiday Season in the Midst of Grief," with Margaret Albert and the Duke Bereavement Center Team
- November 26** "Supporting Children and Teens When a Loved One has Died," with Jean Hartford-Todd
- December 3** "Keeping Your Loved Ones Close While Saying 'Yes' to Life," with Donna Kaye
- December 10** Cello Concert with Debbie Davis
- December 17** "Final Thoughts," with Bill Dahl
- December 24** NO MEETING due to the Christmas Holiday
- December 31** "Where Are You Today?" with Bill Dahl

We meet at St. Paul's Lutheran Church, 1200 W. Cornwallis, from 4 to 6 pm.

All are welcome.