

Living with Grief Spring 2018

Tentative Schedule

<u>Date</u>	<u>Workbook</u>	<u>Topic</u>
January 21, 2018	Session 1	Is this Normal?
January 28	Session 2	Challenges of Grief
February 4	Session 3	The Journey of Grief – Part 1
February 11	Session 4	The Journey of Grief – Part 2
February 18	Session 5	Grief and your Relationships
February 25	Session 6	Why?
March 4	Session 7	Guilt and Anger
March 11	Session 8	Complicating Factors
March 18	Session 9	Stuck in Grief
March 25	Session 10	Lessons of Grief Part 1
April 1	Easter	No Class
April 8	Session 11	Lessons of Grief Part 2
April 15	Session 12	Heaven
April 22	Session 13	What do I live for now?

These meeting dates are tentative.

Session meeting times are 4:00 p.m. to 5:30 p.m. each Sunday at Bethel Lutheran Church, Rm. 241

Contact Information:

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This program follows the guidelines for delivery by GriefShare®.

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