

Summer Grief Support Schedule

May 7- Good Grief Intro & Stage 1, We Are in Shock

May 14- Stage 2, We Express Emotion

May 21- Stage 3, We Are Depressed and Very Lonely

May 28- Memorial Day no meeting

June 4- Stage 4, We May Experience Physical Symptoms of Distress

June 11- Stage 5 & 6, We May Become Panicky & We Feel a Sense of Guilt About The Loss

June 18- Movie Night- 600- 8 PM

June 25- Stage 7, We Are Filled With Anger & Resentment

July 2- July 4th holiday no meeting

July 9- Stage 8 & 9, We Resist Returning & Gradually Hope Comes Through

July 16- Stage 10- We Struggle To Affirm Reality

July 23- Movie Night, 6-8 PM

July 30- Experiencing Grief

August 6- Experiencing Grief

August 13- Experiencing Grief

August 20- Experiencing Grief

August 27 & September 3- No Meeting

September 10- GriefShare begins

September 11- GriefShare at Noon & DivorceCare begins

All meeting are Monday nights, 6-7 PM or Tuesday, 12-1 PM except for movie nights which run 1 hour longer. Please consider bringing someone you know who is grieving any kind of loss.