

## Summer Grief Support Schedule

**May 8- Good Grief Intro & Stage 1, We Are in Shock**

**May 15- Stage 2, We Express Emotion**

**May 22- Stage 3, We Are Depressed and Very Lonely**

**May 29- Open Discussion**

**June 5- Stage 4, We May Experience Physical Symptoms of Distress**

**June 12- Stage 5 & 6, We May Become Panicky & We Feel a Sense of Guilt About The Loss**

**June 19- Movie Night- 600- 8 PM**

**June 26- Stage 7, We Are Filled With Anger & Resentment**

*July 3- July 4<sup>th</sup> holiday no meeting*

**July 10- Stage 8 & 9, We Resist Returning & Gradually Hope Comes Through**

**July 17- Stage 10- We Struggle To Affirm Reality**

**July 24- Movie Night, 6-8 PM**

**July 31- Experiencing Grief**

**August 7- Experiencing Grief**

**August 14- Experiencing Grief**

**August 21- Experiencing Grief**

*August 28 & September 4- No Meeting*

**September 10- GriefShare begins**

**September 11- GriefShare at Noon & DivorceCare begins**

**All meetings 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.**