

GriefShare Support Group

Schedule: January 19 – April 6, 2025

(13 Sessions truncated into 11 Weeks)

DATE	TIME	SESSION	TOPIC
January 19	2:00 – 4:00 p.m.	Session 1	Is This Normal?
January 26	2:00 – 4:00 p.m.	Session 2	Your Grief Journey
February 2	2:00 – 4:00 p.m.	Session 3	Loneliness & Sadness
February 9	2:00 – 4:00 p.m.	Session 4	Self-Care
*February 16	2:00 – 4:30 p.m.	Session 5 Session 6	Fearful & Overwhelmed Anger
February 23	2:00 – 4:00 p.m.	Session 7	Regrets
*March 2	2:00 – 4:30 p.m.	Session 8 Session 9	Grief & Your Household Grief & Your Friendships
March 9	2:00 – 4:00 p.m.	Session 10	Questions for God
March 16	will not meet	Spring Break	-----
March 23	2:00 – 4:00 p.m.	Session 11	Stuck in Grief
March 30	2:00 – 4:00 p.m.	Session 12	Hope & Resilience
April 6	2:00 – 4:30 p.m.	Session 13	What Do I Live For Now?

All Sessions meet at Manchaca United Methodist Church
(Room Location to be Determined)

*The asterisk indicates combined sessions, with meeting time lengthened by 30 minutes.