

Your Journey From
Mourning to Joy!



**A group for those
recovering from loss**

**Join us! May 4- July 20
Thursdays 6 - 7:30pm
Christ United Rooms B1 & B3**

It may be hard for you to feel optimistic about the future right now. If you've lost a spouse, child, family member, or friend, you've probably found there are not many people who understand the deep hurt you feel.

This can be a confusing time when you feel isolated and have many questions about things you've never faced before.

GriefShare groups meet weekly to help you face these challenges and move toward rebuilding your life.

During the week you will have the opportunity to use your workbook for further personal study of the grieving process and to help sort out your emotions through journaling. Your group will spend time discussing questions and comments from the workbook study.

For more info visit the Connect Center, email croberts3277@yahoo.com or call 843-421-0975

**Leader: Carol Roberts. Sign up in the
Connect Center, on the app or website**

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