

The more meetings that you attend,

- The better you will understand the many emotions and situations that may ambush you;
- The more effectively you will heal from your loneliness and grief:
- The more support you will lend to others.

Your simple presence in the group is beneficial to others

- You are *NEVER* to feel pressured to vocalize your sadness, situation, or grief *unless you wish to*.
- Keep in mind, however, that sharing your situation may help another to work through a similar situation.
- Tears are therapeutic in that they have been proven to relieve stress.

**2024: MEETING SCHEDULE BEGINNING SATURDAY, MARCH 9,**

**1 - IS THIS NORMAL?**  
March 09, 2024, 1- 3

**2 - CHALLENGES OF GRIEF**  
March 16, 2024, 1- 3

**3 - THE JOURNEY OF GRIEF--Part 1**  
March 23, 2024, 1- 3

March 30--OFF  
Easter Weekend

**4 - THE JOURNEY OF GRIEF--Part 2**  
April 06, 2024, 1- 3

April 13--OFF  
Providence Church Spring Conference

**5 - GRIEF AND YOUR RELATIONSHIPS**  
April 20, 2024, 1- 3

**6 - DOUBLE SESSION  
WHY? & DEATH OF A SPOUSE or "TBD"**  
April 27, 2024, 1- 4

**7 - GUILT AND ANGER**  
May 04, 2024, 1- 3

**8 - COMPLICATING FACTORS**  
May 11, 2024, 1- 3

**9 - STUCK**  
May 18, 2024, 1- 3

**10 - LESSONS OF GRIEF--Part 1**  
May 25, 2024, 1- 3

**11 - LESSONS OF GRIEF--Part 2**  
June 01, 2024, 1- 3

**12 - HEAVEN**  
June 08, 2024, 1- 3

**13 - WHAT DO I LIVE FOR NOW?**  
June 15, 2024, 1- 3

(We recommend that you attend, at the very least, three meetings.)