



January – March 2024 Grief Support Opportunities

JANUARY

Self-Care While Grieving
via Zoom 1/18/2024, 1:00 – 2:00p

Children’s Grief Support Group
in-person 1/25/2024, 5:30-6:30p

FEBRUARY

Setting Appropriate Grief Expectations
via Zoom 2/8/2024, 1:00 – 2:00p

Children’s Grief Support Group
in-person 2/22/2024, 5:30-6:30p

Saturday Grief Seminar
in-person 2/24/2024, 9-12:00p

MARCH

The Four Tasks of Grieving
via Zoom 3/14/2024, 1:00 – 2:00p

Children’s Grief Support Group
in-person 3/28/2024, 5:30-6:30p

Classes are subject to cancellation due to lack of registration, inclement weather &/or other unforeseen circumstances.

Pre-registration required for all offerings.

903-266-3400, ext 127