

# Antioch's GRIEF SHARE®

Antioch's GriefShare is currently in session. GriefShare is a support group to help and encourage you after the death of a spouse, child, family member, friend, or other loved ones. The thirteen weekly virtual sessions are held on Mondays at 7:00pm, which you can join at any time during the session. If you're interested in participating in the classes, you can sign up by sending an email to [griefshare@antiochnorth.org](mailto:griefshare@antiochnorth.org) or by visiting [griefshare.org](http://griefshare.org) and searching for Antioch. This session is not only for Antioch members so please feel free to inform your family or friends.



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