

SCHRADER LANE FALL 2024

GRIEF SUPPORT CALENDAR

Week 1 – August 11, 2024 – Is This Normal? (How Grief Affects Us).

Week 2 – August 18, 2024 – Your Grief Journey (It's Uniquely Yours).

Week 3 – August 25, 2024 – Loneliness & Sadness (Life After Loss).

Week 4 – September 01, 2024 – Self-Care (Keeping Up Your Strength).

Week 5 – September 08, 2024 – Fearful and Overwhelmed (The Unknowns)

Week 6 – September 15, 2024 – Anger (When It All Seems So Unfair).

Week 7 – September 22, 2024 – Regrets (Dealing with the If Only's).

Week – September 29, 2024 – NO CLASS: Schrader Lane (Vision Sharing)

Week 8 – October 06, 2024 – Grief & Your Household (Empty Chairs).

Week – October 13, 2024 – NO CLASS: Schrader Lane (Friends & Family Day)

Week 9 – October 20, 2024 – Grief & Your Friendships (Does Anyone Understand)?

Week 10 – October 27, 2024 – Questions for God (Why This? What About Heaven)?

Week 11 – November 3, 2024 – Stuck in Grief (Trouble Moving Forward).

Week 12 – November 10, 2024 – Hope & Resilience (More to Your Story).

Week 13 – November 17, 2024 – What Do I Live for Now? (Remembering).

Special Event – December 01, 2024 – Surviving the Holidays

Facilitators: George Pennic, James Bush, Mari Carter, Deborah Stuart