



## "Help for the Hurting - A Grief Seminar"

Sessions presented by  
**Don Williams** of  
Florence, Alabama

### Friday, November 3, 2023

6:30 – 7:15 p.m.	<b>13 Things I Wish I Could Tell Others About My Grief</b>
7:15 – 7:25 p.m.	Break
7:25 – 8:00 p.m.	<b>Understanding the Differences Between Sudden and Anticipated Loss</b>

### Saturday, November 4, 2023

8:00 – 8:30 a.m.	Registration and Continental Breakfast
8:30 – 9:15 a.m.	<b>What Do You Know About Grief and Loss?</b>
9:15 – 9:25 a.m.	Break
9:25 – 10:10 a.m.	<b>The Emotions of Grief and Loss</b>
10:10 – 10:20 a.m.	Break
10:20 – 11:00 a.m.	<b>What Does My "Grief Room" Look Like?</b>
11:00 – 11:10 a.m.	Break
11:10 – 11:45 a.m.	<b>How Does One Make It Through the Grief Journey?</b>

### Sunday, November 5, 2023

9:30 – 10:30 a.m.	<b>The Bible and Grief</b>
10:30 – 10:35 a.m.	Break
10:35 – 11:15 a.m.	<b>What Men Need to Know About Women and Grief</b> (Men's Class – Aud.)
10:35 – 11:15 a.m.	<b>What Women Need to Know About Men and Grief</b> (Ladies' Class – Fellowship Hall)
6:00 – 6:45 p.m.	<b>What Can This Congregation Do to Help Others in Grief?</b>



**This grief seminar is open to the community and all sessions are being presented free of charge.**

**2101 N. Jackson  
Russellville, AL 35653**  
For more information call  
**256-332-3315**