



SESSION TOPICS

- 1** Is This Normal?
- 2** The Journey of Grief (Part 1)
- 3** The Journey of Grief (Part 2)
- 4** Grief and Your Relationships
- 5** Why?
- 6** Guilt and Anger
- 7** Complicating Factors
- 8** Stuck
- 9** Lessons of Grief (Part 1)
- 10** Lessons of Grief (Part 2)
- 11** Heaven
- 12** What Do I Live for Now?