

2025



First Baptist Church
Covington

GriefShare®

DATE

GRIEFSHARE SESSIONS

Wednesday 6:30pm

8-Jan	1	Is This Normal?
15-Jan	2	Your Grief Journey
22-Jan	CANCELLED DUE TO WEATHER	
29-Jan	3	Loneliness & Sadness
5-Feb	4	Self-Care
12-Feb	5	Fearful & Overwhelmed
19-Feb	6	Anger
26-Feb	7	Regrets
5-Mar	NO CLASS - Mardi Gras	
12-Mar	8	Grief & Your Household
19-Mar	9	Grief & Your Friendships
26-Mar	10	Questions for God
2-Apr	11	Stuck in Grief
9-Apr	12	Hope & Resilience
16-Apr	13	What Do I Live for Now?