

## GRIEF SUPPORT GROUP

**Organization:** Caroline Episcopal Church

**Organization URL:**

<https://www.carolinechurch.net/min>

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Caroline Church's Grief Support Group offers a safe, confidential, and supportive environment for those grieving the loss of a loved one. The group meets monthly and welcomes anyone regardless of religious affiliation. Members share their experiences, offering understanding, empathy, and practical advice based on lived experiences, rather than providing therapy or pat answers. The group aims to help individuals navigate their grief journey as part of a caring community.

