

Support Groups on Divorce, Grieving and for Those Who Need Healing From Hurt Start Wednesday, Jan 5 in Darien

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Categories : [Healthy Living](#)

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Three different, small support groups are starting up on Wednesday night — for those going through divorce, grieving or those who "are seeking healing from hurts and negative habits."

Each of the groups will start meeting on Wednesday, Jan. 5, at Noroton Presbyterian Church, 2011 Post Road. The groups meet Wednesday nights from 8 to 9:30 p.m. through March 2.

GriefShare is for those dealing with the grief of loss. GriefShare features nationally recognized experts on grief recovery topics. Seminar sessions include "Is This Normal?" "The Challenges of Grief," "Grief and Your Relationships," "Why?" and "Guilt and Anger."

Darienite

News for Darien

[**https://darienite.com**](https://darienite.com)

Sign up at [the GriefShare website](#) (open to join anytime and we will be offering hybrid version so you may join via Zoom if uncomfortable in-person).

DivorceCare: No matter what the circumstances, divorce is a painful process for most people. We understand how deeply people and families are hurt by divorce, and we want you to know about our DivorceCare group. It's a place where many people have found that they can begin putting their lives back together again.

Sign up at [the DivorceCare website](#) (open to join anytime and we will be offering hybrid version so you may join via Zoom if uncomfortable in-person).

Life's Healing Choices is for those who are seeking healing from hurts and negative habits. Principals from "Sermon on the Mount."

Anyone wanting to participate in the Life's Healing Choices group must join by Jan. 12 as group becomes closed after that. Please note that groups are gender specific. To sign up please contact: Stacy Arevalo at Stacy.Arevalo@NorotonChurch.org. Cost: \$15 for the workbook.