

*In partnership with the  
Gate of Heaven Cemetery,  
Companions on a Journey presents*

# Understanding Your Grief

Meets on the second  
Tuesday of the month  
6:00 - 7:30 PM  
(October - June)

*We welcome you to join us  
on any or all of the dates!*



*"COJ took the most hurtful parts of my story...  
and changed my journey to one of healing."*

## About This Group

Understanding Your Grief is an open grief group designed to offer support to adults who have suffered the death of a loved one.

Surrounded with love and support, this grief support group offers you the opportunity to connect with other adults who understand the heartache of losing a loved one.

Together, we help individuals to restore balance and find hope, strength, and healing.



October 10, 2023      March 12, 2024  
November 14, 2023      April 9, 2024  
December 12, 2023      May 14, 2024  
January 9, 2024      June 11, 2024  
February 13, 2024



**Gate of Heaven Cemetery**  
11000 Montgomery Road  
Cincinnati, OH 45249

## Group Facilitators

**Sheila Munaf-Kanoza**  
Bereavement Support Specialist,  
Founder/Executive Director of  
Companions on a Journey

**Tim Schutte**  
Bereavement Facilitator



Registration is required. Scan QR code or visit [companionsonajourney.org](http://companionsonajourney.org) to learn more about this program and access online registration. Questions? Please call Companions on a Journey at (513) 870-9108.

