

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

Caring for Your Grieving Soul

Meets on the second
Tuesday of each month

3:00 - 4:30 PM
6:00 - 7:30 PM

*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

Caring for Your Grieving Soul 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.



<i>January 13, 2026</i>	<i>July 14, 2026</i>
<i>February 10, 2026</i>	<i>August 11, 2026</i>
<i>March 10, 2026</i>	<i>September 8, 2026</i>
<i>April 14, 2026</i>	<i>October 13, 2026</i>
<i>May 12, 2026</i>	<i>November 10, 2026</i>
<i>June 9, 2026</i>	<i>December 1, 2026</i>



Gate of Heaven Cemetery
11000 Montgomery Road
Cincinnati, OH 45249

Group Facilitators

Sheila Munafo-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 to register. Questions? Please call Companions on a Journey at (513) 870-9108.