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**San Antonio Eye Bank is supporting
grief support efforts in Laredo , Texas
by donating refreshments and workbooks
for the Spring and Fall 2018 GriefShare sessions.**

Reasons grievors should consider
participating in GriefShare:

- **You'll learn helpful, practical information that will help you with the pain of grief and loss.** The GriefShare DVD videos feature top experts on grief recovery topics .
- **You'll have the chance to talk about your loved one and your experiences.** It can be very healing to tell others what you are going through, when you're ready to do so. There's *never pressure* for you to share feelings if you don't feel like it.
- **You'll have a workbook for personal study and to write down things you're learned.** The workbook provides opportunity for further study about grief and personal reflections on your grief journey.
- **You'll discover hope for the future.** Many GriefShare alumni have stated that the program has helped them move from deep grief to peace.

