

## *Grief to Peace*

Open grief group for adults hosted by The Spring Grove Funeral Homes and Companions on a Journey (COJ). These are interactive sessions with individuals to restore balance and to find hope, strength, and healing.

Due to the postponement of in-person groups, we have launched virtual support groups on Zoom (a free online service).

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To join the Grief to Peace Session the first step is to register and electronically sign the consent form. Click this link to register. [Consent form](#)

After registering you will receive the email below with log-in instructions.

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Thank You for registering to join us for **Grief to Peace Online Virtual Support Group**, which is sponsored by Spring Grove Funeral Homes and facilitated with COJ. Please, take the time to complete the attached consent form for yourself. If you have already filled out an online consent form for COJ, you do not need to fill one out.

If this is your first time using Zoom, we recommend that you create a free Zoom account (not required to join meeting) and check out [this video](#) on how to join a Zoom Meeting.

### **How to Access the Meeting**

- If Using a Computer (Best Method): Please click [this link](#) to join the meeting and then enter the **password "Peace"**
- If Using an iPhone or Table, use the Zoom App and type in the **Meeting ID: 814-6117-8983** and enter the **password "Peace"**
- If Using a Telephone : **Dial 312- 626 - 6799**, enter the **Meeting ID: 814-6117- 8983** and then press #, next enter the **password 236839** press #

### **Audio**

- We recommend that you wear headphones to avoid experiencing an echo
- Please, make sure that the your microphone is enabled on your phone, tablet, or computer
- If logging in on using a smart phone, it will give you two options, we recommend selecting "connect using audio"

### **Need IT Help?**

- Contact Grace Irwin, COJ Program Coordinator, by email. Your email should include your phone number, so that she can easily guide you through any IT issues. Grace can be reached at: 513-870-9108, [grace@companionsonajourney.org](mailto:grace@companionsonajourney.org)

*Thank you again for allowing us to join you on your journey!*