



BEREAVEMENT CONNECTIONS GROUP

INTRODUCTION

The goal of the Bereavement Connections Group is to support those going through their journey of grief and loss. Bereavement is defined as a loss of a significant relationship in any form. The Bereavement Connections Group provides support, understanding, and education along with a space to share and express feelings. Ideally, participants will connect with other individuals in the community who may be walking a similar path and help them feel seen and validated.

WHAT TO EXPECT

The format of the Bereavement Connections Group is to share and discuss at the level of comfort of each participant. Each participant will be asked to step out of their comfort zone so that we may grow along with each other.

There will be a facilitator to moderate the process of the connections group. The sessions will begin with 15 minutes of socializing, then move into group discussion and sharing on a specific topic.

The discussion will include opportunities to share about your experience and learn tools to use in coping with your loss. The sessions may also include witness stories.

Connections groups are not just open to the St. Elizabeth Ann Seton community but also to the larger community.

SCHEDULE AND LOCATION

The Bereavement Connections Group meets on the 2nd Thursday of every month from 6:30 to 8 pm in Seton Hall at St. Elizabeth Ann Seton Church.

Connections Group Contact Information

Martha Garcia-Wegener, Connections Coordinator, mgarciawegener@seasp.org

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