



### Grief Support Group

Grief is not an illness, a sign of weakness or a problem to be solved. After the loss of a loved one, we experience a wide variety of feelings and emotions. We all need a support system to help us move through our grief journey. A Grief Support Group offers companionship and understanding from others who have experienced similar loss. For more information on this group starting November 7th, 2023, please contact Karen Doyle. Gatherings will be held in the Parish Office Meeting Room in Dublin.