



St. Elizabeth's Bereavement Support Group

Our ***Spring Bereavement Support Groups*** will begin on ***Tuesday, April 9, 2024***, in the morning from 10:00 to 11:30 a.m. and in the evening on ***Thursday, April 11, 2024***, from 7:30 to 9 p.m. Both groups will run for eight consecutive Tuesdays and Thursdays respectively and will meet in the Good Shepard Room on the 1st Floor of the Parish Center at St. Elizabeth's Church, 700 Wyckoff Avenue, Wyckoff, New Jersey.

These groups will provide a safe, confidential atmosphere where you can spend some important time with others who have also experienced loss. **These groups are open to both men and women of all faiths.** The only prerequisite for participation in these groups is that at least 3 months or more have passed since the time of loss. All our sessions are guided by trained, experienced facilitators who have also lost loved ones.

The only cure for grief is to grieve. It is our hope to create an oasis of compassion and comfort that will allow participants to begin the healing process.

Please call (201)-891-1122 Ext 266 for more information. Registration in advance is requested and all participants are to be fully vaccinated.

