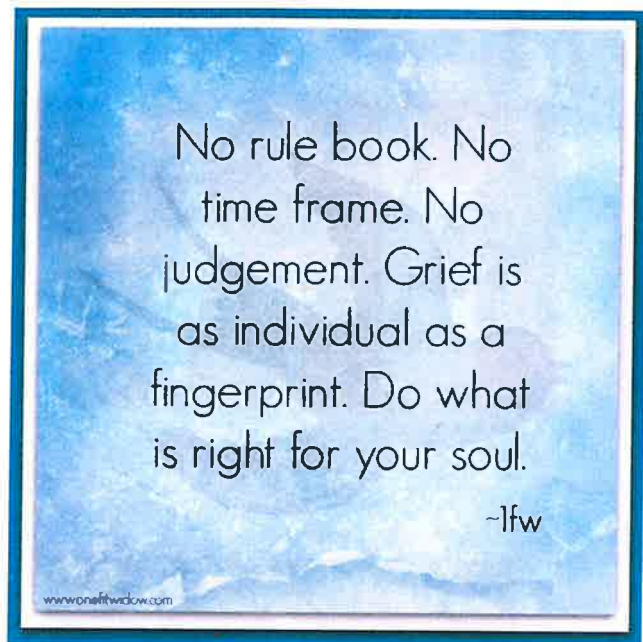


Are You Interested in a Grief Support Group?



Five weeks on Tuesdays
3:30 to 5:00 pm

(time can be adjusted depending on participants)

February 20, 27, March 5, 12, and 19

The group is facilitated by
Tom East, Pastoral Assistant for
Initiation, Grief, and
Marriage Ministries

St. Charles Borromeo Grief Support Group is for those who are grieving the passing of a loved one.

No matter how long ago your loss was, no matter if you have participated in the group before, no matter if you are Catholic or not – we are here to walk with you on your journey. If you, or a family member, are in need of support surrounding the death of a loved one we would like to invite you to **Learning to Manage Your Grief: A Small Group Experience.**

The group offers an experience for people to learn, heal, grow and move toward reconstructing their lives. What seemed impossible to handle becomes a little bit more manageable. The five sessions will be a combination of work-book, video and sharing of common experiences. Everything spoken within the group is confidential. This group provides a safe environment for you to listen, and share as you work through your grief.

If you are interested in learning more
or to register please contact

Tom East at 564-5185 ext. 3037

or teast@stcharlesb.org

Please register by February 6th

