



Grief & Loss Support Group

Perhaps you have lost a loved one during the last few years. It may feel like you want to get back to “normal” or others are making you feel like life should be moving on, but your life has been changed forever by this loss. You’d like to share the grief you are still experiencing and receive help along the journey. We offer “Grieving with Great Hope”, a 5 week support program with education on the grief journey. Parishioners have found this program to be helpful and comforting, giving them hope for their loved one’s eternal rest and their own hope for joy and hope in this life on earth. For more information on this process, more can be seen at www.goodmourningministry.net. If you have lost a spouse, a child (including pregnancy loss), a grandchild, a parent, another family member or a friend, you are encouraged to attend. This group combines the Catholic faith with practical learning and personal fellowship. The workshop presentations will be given in DVD format, and then there is time for prayer and supportive discussion led by a trained facilitator. The next group will run on **Thursday evenings from Nov. 8 -Dec. 20 at 6:30pm in Lower Level room #7**. Contact [Christine Shafer](mailto:Christine.Shafer@parish.org). 616-891-9259 x224 for more information or to inquire or register. There is a \$15 registration fee to cover the cost of the participant guide; if a financial burden, assistance is available. Please pre-register for childcare.

