

SPRING GRIEF SUPPORT SESSIONS

Wednesday Evenings April 17th – May 15th 6:30 p.m. – 8:00 p.m.

Suffering the loss of a loved one is one of the most painful of human experiences. The St. Joseph Parish community wants to assure you that you are not alone in your journey through grief. Our five-week Spring Grief Support Sessions are open to all adults who have suffered the loss of a spouse, child, other family member or friend. There will be time to learn about grief, as well as time to share. Grief Support Sessions will be held in School Library. Pre-registration is preferred so we can prepare enough resources. There is no cost involved.

In our discussions we will explore topics such as:

- The Journey of Grief: Necessary, Normal, Unsettling, Unique
- Myths and Misunderstandings About Grief
- Secondary Losses of Grief
- The Darkness of Grief: Guilt, Loneliness, Fear, Anger, Depression
- Praying Our Good-Byes: Faith and Grief
- Resources for Learning More About the Grief Journey

To pre-register or for more information, please contact Joyce Schmid at 262-375-8286.