

BEREAVEMENT MINISTRY PRESENTS

GOOD GRIEF

SUNDAYS DURING LENT



JOIN US

FEB. 21 - MAR. 21

10 AM - NOON

ST. BRENDAN'S CATHOLIC CHURCH

Onsite in the Fireside Room or online via videoconference

The Good Grief Bereavement Program provides you with someone to walk alongside you during your grief.

We'll meet each Sunday during Lent after the 9 a.m. Mass. Sessions include:

- Normative information concerning grief and the bereavement process
- Discussions on dealing with reactions to grief and bereavement
- Empowerment to take care of yourself
- Supportive environment

Each session features discussions about grief and the bereavement Process

In between sessions you will read and reflect on handouts through a personal journal.

FOR MORE INFORMATION
CONTACT DEBBIE RIGBY (678) 617-7268