



Memo

Date: August 11, 2025

To: Deacons, religious brothers and sisters, parish communicators and bulletin editors

From: Vanessa Russell, CEO, Catholic Charities Atlanta

Re: Catholic Charities Atlanta Grief and Loss Support Group

We are here to help you cope and navigate the stages of grief and loss by providing a safe space to share experiences and find support—you are not alone. Symptoms of grief can include regret, anger, guilt, anxiety and sadness.

- Have you experienced the loss of a loved one, the loss of a job?
- Have you been diagnosed with a terminal illness or have a chronic medical condition which greatly impacts the quality of your life?
- Have you relocated and left behind friends and family?

CCA's Grief and Loss Support Group, led by a team of clinicians, aims to normalize your feelings and emotions and guide you through the stages of grief in a supportive and uplifting environment. We provide you with healthy coping skills to navigate your own personal journey, while you share and learn from others in an open and non-judgmental space.

The Grief and Loss Support Group meets online on the first and third Mondays of the month from 12 – 1 p.m. from September 15, 2025 - April 20, 2026. Fee is \$10.

For more information and to register, please contact:
Amaris Frenchman, MSW intern, at afrenchman@ccatlanta.org or Victoria Bausch, clinical manager LCSW, at vbausch@ccatlanta.org.