



## *St. Elizabeth's Bereavement Support Group*

Our ***Spring Bereavement Support Groups*** will begin on ***Tuesday, April 18, 2017***, in the morning from 10:00 to 11:30 a.m. and in the evening from 7:30 to 9 p.m. Both groups will meet in the Amadeus Room on the 2<sup>nd</sup> Floor of the Parish Center and will run for eight consecutive Tuesdays.

These groups will provide a safe, confidential atmosphere where you can meet and spend some important time with others who have also experienced loss. **These groups are open to both men and women of all faiths.** The only prerequisite for participation in these groups is that at least 3 months or more have passed since the time of loss. All our sessions are guided by trained, experienced leaders who have also lost loved ones.

The only cure for grief is to grieve. It is our hope to create an oasis of compassion and comfort that will allow participants to begin the healing process. For further information and ***to register please call 201-891-1122 ext. 266.*** Registration in advance is requested.

*If you know someone who is  
grieving a loss, please pass  
this information on to them.*

