

Good Grief

12 Week Bereavement Support Group

Are you ready to move forward in your grief journey?
Would you like to smile again?
Consider joining our St. Mary's Good Grief Support Group.

Certified Grief Counselor, Deacon Tom Binder,
will lead a **12 consecutive week support group beginning**

**Tuesday, April 10th
10 am to 11:30 am in the Atrium Library.**

A few of the topics that will be discussed include:
The Difference Between Grief and Mourning; Special Days
and Holidays; Expectations vs. Reality; Guilt, Regret,
Self-Blame; Grief Bursts; and Developing a new Self-Identity.

A 12 week commitment to the class is very important.

Class size is limited. Registration required.

**Contact Mary Sue at the Parish Office,
262-782-4575 or msprotz@stmaryeg.org**