

**New Series!**

# Growing thru Grief

**Six-week Introduction to Grief series:  
September 24 through October 29**

## Offering Help for Those Who Mourn...

Growing thru Grief is a coalition of Triangle area religious and civic organizations to bring ongoing support and comfort to those who mourn. This program features education and small group discussion.

We meet every Tuesday except holidays at St. Paul's Lutheran Church, 1200 W. Cornwallis Rd. in Durham. Come and gather for conversation and registration at 4:00; the program runs from 4:30 to 6 pm. All are welcome!



Photo by Leonard Beeghley

## New Introduction to Grief Series to Begin

Mitzi Quint, a Licensed Clinical Social Worker with 20 years' experience in grief and loss, will discuss the following topics:

**Sept. 24 Myth #1:** Grief is a time of sadness following the death of a loved one

**Oct. 1 Myth #2:** Grief has 5 stages

**Oct. 8 Myth #3:** Grief will get better with time; there's nothing we can do about it

**Oct. 15 Myth #4:** Expressing Grief is a sign of weakness

**Oct. 22 Myth #5:** The goal is to get over grief and return to normal ASAP!

**Oct. 29 Myth #6:** Taking care of yourself is selfish

This is an open program, with each week standing on its own. Feel free to come when you can.