



*Introducing a New Day Program:*

### **A Journey Through Loss to Healing**

As we strive together to build an even stronger parish community, we invite you to join us this Spring for a new initiative sponsored by the *Parish Partners Ministry*.

Weekly sessions follow a text, which has received a special award of merit by the *National Association of Catholic Family Life Ministers*, *The New Day Journal*, developed by Mauryeen O'Brien, O.P.

Trained *Parish Partners* facilitators will conduct the program. Our first support group will take place here in a confidential setting. Sessions will be held weekly on **Thursdays**:

**March 21 - May 16**  
**1:30 – 3:00 PM**

Registration is required. There is no fee.

If you would like to sign up, or have any questions, we would love to talk with you! Please call the *Parish Partners Ministry* at **203-637-3661 ext. 375** (to leave a message) or contact [parishpartners@stcath.org](mailto:parishpartners@stcath.org).

We hope to offer this New Day Program twice each year in the Spring and Fall, and will rotate between afternoon and evening sessions. We encourage you to contact us if you are interested in attending a future program, and we will keep you on our mailing list.

We look forward to welcoming you, and hope that you will find this new opportunity helpful, comforting and healing!