

Growing Thru Grief July-August Schedule

As Growing thru Grief continues to meet each week, here are the speakers scheduled through the month of August:

- July 22—Lindsay Gallo, Duke Bereavement Services—
“The Grief Wheel”
- July 29—Roel Shaaper, Facilitator—“Sadness and
Appreciation”
- August 5 - Micah Hardy-Royal, Transitions LifeCare chaplain
- “There is a field - I’ll meet you there” - grief as a way of
deepening our understanding of life
- August 12 - Bill Dahl, GTG Founder and Emeritus - Anger
and Grief
- August 19 - Jess Romanowski, Hall-Wynne Funeral Home-
"Grief, Regret, and Doing Your Best" - Did I do enough?
Examining how regret can complicate grief, and knowing you
made a difference.
- August 26 - Dan Romm, GTG Facilitator - Guilt and Grief

We meet at St. Paul’s Lutheran Church, 1200 West Cornwallis,
from 4-6 pm. All are welcome. For more information check our
website, growingthrugrief.org.