

Growing thru Grief

**Six-week Introduction to Grief series:
October 7 through November 11**

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 small group discussion.

We meet every Tuesday except holidays from 4-6 pm at St. Paul's Lutheran Church, 1200 West Cornwallis. All are welcome!

This series will help people discover new ways to manage our emotions and grow as we grieve our losses. This is an open program, with each week standing alone.



Photo by Leonard Beeghley

Awakening through Loss: Lessons from Darkness and Light

Heidi Gessner, MDiv, BCC, is an ordained United Church of Christ minister, life transition guide and coach, teacher, and former end-of-life professional at UNC Hospitals. With her 20 years' palliative care and bereavement, she has helped many grappling with grief. Her book, *Pockets of Grace: Lessons from Darkness and Light* is a compassionate guide for grievers.

- Oct. 7 Love & Loss:
Understanding Grief
- Oct. 14 Everyday Saints:
You Are Not Alone
- Oct. 21 Seeds of New Begin-
nings: Who Am I Now?
- Oct. 28 Wisdom of My Torn
Heart: Writing as
Doorway
- Nov. 4 Grateful Grief: Managing
Emotions
- Nov. 11 The Story Is Not Over:
Trusting the Path