

News from Growing thru Grief

Each week, Growing thru Grief offers small group support and education to those grieving the loss of a loved one—and twice a year, we hold a six week “Introduction to Grief” series. This year our spring series is being led by Betsy Barton. Here is the rest of her schedule, plus the speakers for the remainder of the month:

- April 8 “Remembering Our Loved Ones,” with Betsy Barton. Even though our loved one is not at the breakfast table, or on the other end of the phone line, they are still with us in some way. We’ll talk in this session about how we keep their memory alive in our hearts.
- April 15 “Unexpected Blessings,” with Betsy Barton. Blessings, really? But perhaps some hidden surprises await.
- April 22 “Grief Rituals and How They Help,” with Evelyn Rubin
- April 29 “The Road Ahead,” with Bill Dahl and William Holloman

Growing thru Grief meets at St. Paul’s Lutheran Church, 1200 W. Cornwallis, each Tuesday from 4 to 6 pm. We are a coalition of religious and civic organizations to offer support and education to those who are grieving the loss of a loved one. All are welcome.