

- June 2 Abby Ampuja, Empowered Coaching  
Self-Compassion: Learning to Be  
Your Own Ally
- June 9 Scott Anderson, Pastor  
St. Paul's Lutheran Church  
Reactions to Grief
- June 16 Allison Lee, Duke Hospital  
Department of Neurology Chaplain  
TBA
- June 23 Jesse Erdheim, Health & Well-Being Coach  
Finding Moments of Steadiness Within Grief
- June 30 Dan Romm, Growing thru Grief Facilitator  
Common Misconceptions About Grief,  
Part 1

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Join us on Tuesdays at 4 PM at St. Paul's Lutheran Church, 1200 W. Cornwallis Rd, for a short presentation followed by small group discussion. Open to all who grieve, no preregistration necessary.

