

August/September Schedule

For the rest of August and September, here are the speakers scheduled for the Growing thru Grief weekly meetings:

August 26 – Dan Romm, GtG Facilitator—“Guilt and Grief”

September 2 - Maggie Alcock, Rowing Ducks – “The Practical Side of Loss: What No One Tells You”

September 9 - Betsy Barton, Transitions LifeCare – “What we can learn about grief from Buddhism”

September 16 - Donna Kaye, GtG Board member – “Befriending Your Unexpected Grief Waves”

September 23 - Clarissa Gooding-Aytch, Bereavement Counselor at Duke Hospice – “Navigating Different Grieving Styles, Conflicts, and Unmet Expectations”

September 30 - Speaker and topic to be announced

All meetings are held at St. Paul’s Lutheran Church, 1200 W. Cornwallis, Durham, from 4-6 pm. All are welcome. For more information about Growing thru Grief, check out the website, growingthrugrief.org.