

Healing the Brokenhearted; A Grief Journey



St. Mary's Episcopal Church
1500 Chelwood Blvd. NE
The Rev, Jan Hosea, leader

Healing the BrokenHearted is a six-week program designed to involve people who are somewhere in the grief process. It is designed and is presented by The Rev. Jan Hosea from a wide variety of materials including: Restoring Hope, by Rob Voyle, EFM materials, Godly Play and a mixture of interactive and self-reflections activities. Mother Jan has developed this program over 12 years learning from each presentation and evolving the activities. She has a deep interest and has worked with grieving people for many years.

We know that grief happens and according to Elizabeth Kubler-Ross is present for over 50% of our lives, yes, 50%! That is a lot! Understanding that we are grieving and learning what we can do to move out of grief cycle can be cathartic and restorative.

Saturdays from 10:00 to 11:30 in the library. The group will meet weekly from **October 7-November 18 (Omitting Nov. 11 for Convention)**. Participants need to attend all sessions for maximum benefit.

If you have had major changes in your life, lost a loved one, or are dealing with any kind of grief please join us. **Please let me know that you plan to attend.**

For more information please contact Mother Jan 505-250-1610,
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