



Faith based Support Groups

At St Michael we offer support for those who are grieving and have a heavy heart:

- ✓ **Bridge of Hope** cycles of 8 consecutive meetings for those grieving and carrying a heavy heart. We also offer one to one support for those unable to come to group meetings.
Next Cycle of meeting will start JULY 28th. We meet at St Michael Parish office building, Room 8, 6:00-8:00 pm.
- ✓ **St Peregrine Cancer support group**. A cycle of six consecutive weekly meeting for those diagnosed with cancer and their loved ones.
- ✓ **Miscarriage and loss of infant**. Date and time to be scheduled.

Whether present events brought sorrow to you or you are carrying the pain of grief and a heavy heart from long ago; Whether faith brings you support while your heart aches or whether affliction causes your faith to tremble, please join us. We gather to support one another, and to share our thoughts and feelings, sustained by our faith and enlightened by Christ. All meetings are **FREE**. No need to be a parishioner to attend. If you wish to participate and if you have any questions please contact Bene Reece at **360-292-7143** or breece@saintmichaelparish.org