



CATHOLIC FAITH BASED SUPPORT GROUPS

Saint Elizabeth Ann Seton Grief Support Group

Are you, or someone you know, grieving?

If you are carrying a heavy heart because of the loss a loved one, a divorce or any other unsettling situation, please join us.

Cycles of 8 consecutive meetings are offered on Saturdays through the year.

We gather to learn about the grief process, to support one another, and to share our thoughts and feelings, sustained by our faith and enlightened by Christ. Meetings are closed to other participants after the second gathering.

Next Cycle of meetings will start Saturday, November 19th, 10:00-12:00, Rm 9 in the Office Building



St Peregrine Cancer Support Group

If you, a family member or someone you know has been diagnosed with cancer, come and be with us to pray and support each other.

Cycles of six consecutive weekly meetings for those diagnosed with cancer and their loved ones are held on **Saturdays, 1:00 to 2:30 pm.**

Next Cycle of meetings will start Saturday, November 19th, 1:00-2:30 pm, Room 6 in the Office Building



St Catherine of Siena Miscarriage and Loss of Infant Support Group

If you or someone you know suffered the loss of a baby through miscarriage, still birth or neonatal death, please join us. Knowing that losing a child, makes your heart break in places you never knew existed, the Church wants to surround you with faith, compassion and love in your time of need. Meetings are for both mothers and fathers and remember....no loss is too far in time. First Cycle of four consecutive weekly meetings will start Saturday October 22nd, 1:00 to 2:30, Room

*Whether present events brought grief to you or you are carrying the pain of grief from long ago;
Whether faith brings you support while grieving or whether grief causes your faith to tremble, please join us.*

All meetings are **FREE** and open to anyone: Catholics, members of other faith denominations or unaffiliated to any religious group.

...and remember: Men grieve too!

Permitting yourself to honestly experience grief is an important step towards healing, *both for men or women.*

Contact Benedetta Reece at (360) 292-7143, or e-mail at breece@saintmichaelparish.org to register and for questions.