

St. Mary of the Annunciation Bereavement Ministry

10 Week Grief Support Group:

“FINDING HOPE/HEALING HEARTS”

Here is what has been said about the experience of the Finding Hope/Healing Hearts group:

- * “[The group] normalized feelings and situations; felt comfort with new friends; hope was built”
- * “That I’m not the only one going through this; that slowly it will get better; there will be ups and downs”
- * “Commonality and continuity; facilitators compassionate and real in their approach; each person has added to the group”
 - * “Enjoyed sharing experiences with others in the group; realizing I’m not crazy after all”
- * “At the first meeting.....Hesitant, feeling like I couldn't express my sadness or loss to these strangers. I couldn't even read aloud a sentence in support group guidelines...”
- * “Found that not only was this a room of warm comfort full of others who were hurting and trying to feel normal and that my bursts of sadness were part of walking this path and that these strangers were becoming to me not strangers anymore. It became very comforting to be at this FH/HH haven.”
- * “I have had things bottled up for so long after my husband passed away, keeping most everything to myself. This group has helped me to open up and let things out and it has helped me understand and cope much better.”

*This weekly group will meet at St. Mary of the Annunciation
for 10 consecutive Wednesdays January 18-March 22, 2017
1:30-3:00pm*

*There is a \$40.00 registration fee which covers the cost of the two books.
To register, contact Diane Mulroe in the St. Mary parish office...
the group size is limited so register now!*

dmulroe@stmota.org or call 847-223-0010

