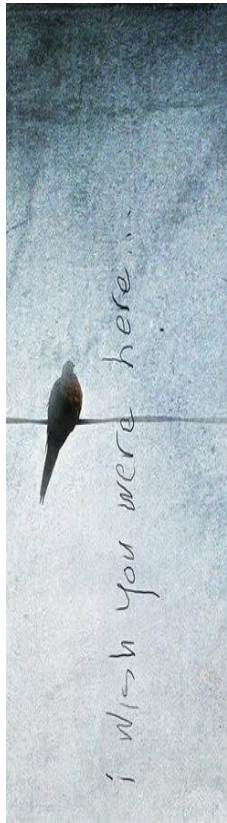


## Understanding Your Grief: Finding Hope and Healing Your Heart



We know that the death of someone we love is one of the most difficult experiences of a lifetime. One very helpful way to grow with the grief is to experience the support of those who are also grieving in an accepting, gentle environment. The information is below. Please just let me know if you can join us. Bev Goodier

April 11-June 27 (10 Wednesdays, with no class on June 6 & 13)

2:00-3:30

First United Methodist Church  
533 Grant Ave, Loveland, CO 80537  
Facilitator: Bev Goodier, M.A.

We will use Dr. Alan D. Wolfelt's compassionate books *Understanding Your Grief* as a guide for this class. These can be purchased at the first class for \$24.49.

Please contact Bev with questions and to register: [970-238-0693](tel:970-238-0693)

[Bev@LifeSupportSystem.com](mailto:Bev@LifeSupportSystem.com)