

# Good Grief

## 12 Week Bereavement Support Group

Losing a loved one can be one of the most difficult, painful things we experience in our lives. To help people through their grief journey, St. Mary's offers a 12 week "Good Grief" support group led by certified Grief Counselor, Deacon Tom Binder. Previous participants have experienced significant healing and have rediscovered peace, joy and love in their lives.

If you're ready to move forward in your grief journey and smile again, why not join our Good Grief Support Group? Perhaps you could suggest Good Grief to a relative or friend.

**Wednesday mornings, September 6 - November 29**

**10 am to 11 am in the Atrium Library.**

*Class size is limited. Registration required.*

*Contact Mary Sue at the Parish Office,*

*262-782-4575 or [msprotz@stmaryeg.org](mailto:msprotz@stmaryeg.org)*