

Good Grief

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" class led by Certified Grief Counselor, Deacon Tom Binder. Are you ready to move forward in your grief journey? Would you like to smile again? Previous participants have experienced significant healing and have rediscovered peace, joy and love in their lives.

"After my daughter's death, I felt that I didn't need grief counseling, but Deacon Tom really helped me express my feelings. ~ Eileen

"The interpersonal participation with others in the class was very helpful. I would definitely recommend "Good Grief" for people who are looking forward to moving on." ~ Wally

"The Good Grief" class was extremely helpful and informative. Not only did I learn how to cope with my grief, but I also developed an improved understanding of the grief experienced by others in the class." ~ Bob

"The Good Grief class was very helpful. I looked forward to it every week. The one thing that I needed the most help with was lightening my grief load, and learning that it was okay to do so." ~ Bev

Wednesday mornings, September 4 - November 20, 10 to 11:30 AM in the Atrium Library.

A 12 week commitment to the class is very important. Class size is limited. Registration required. Contact Mary Sue at the Parish Office, 262-782-4575 or msprotz@stmaryeg.org