



### **Good Grief: A 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 us? You'll be so glad you took this first step. If you've taken the class before and you'd like to go through it again, you're more than welcome to.

Good Grief will be offered again in March 2021. The date has yet to be determined. Class will be held at Becker Ritter Funeral Home, where social distancing will take place and masks are mandatory.

A 12-week commitment is very important. Class size is limited, and registration is required. For more information, contact Mary Sue Protz, [msprotz@stmaryeg.org](mailto:msprotz@stmaryeg.org) or 262-782-4575.