

SUPPORT FOR THE HEARTS ON THE MEND: GRIEF SUPPORT GROUP AT HOLY FAMILY

We all have experienced losses in our life. The normal and natural reaction to any significant emotional loss is grief. And grief hurts! We need support and help to get through these times. Grief Support Groups help us cope with the loss of a loved one by being with people who share similar experiences. They also journey with us in rebuilding our lives and provide us with a safe environment and the accurate information about grief and grief recovery.

The support group will meet for eight weeks on Thursdays, beginning October 1 at 7:00 p.m. in the Fausto Conference Room. Whether your grief is new and raw or lingering and unresolved, these sessions will help you to heal and move toward peace and acceptance of the absence of the loved one in your life. If you are someone who has lost a dear one to death; we welcome you to join for these sessions.

For more information, please call Deacon Joe at the parish office, 856-228-1616 , or email: kaincrew@comcast.net