

Grief Care

Believing that grief is a natural response to loss and a necessary process in adjusting to change, we endeavor to support the bereaved in their mourning.

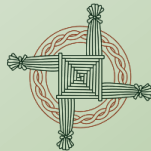
Support groups

strive to facilitate:

expression of emotion and thought about loss, including sadness, pain, anxiety, anger, loneliness, guilt, relief, isolation, confusion, or numbness.

Challenges that often follow a loss can include: disorganization, tiredness, trouble concentrating, sleep deprivation, vivid dreams, and changes in appetite.

Grief Care



SAINT BRIGID
Catholic Church

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Grief Care

Support Group

Fall 2022

*A Ministry of
Saint Brigid
Catholic Church*



*Blessed are those
who mourn,
for they will be comforted.*

Matthew 5:4

Grief Care

A Ministry of Saint Brigid
Catholic Church

Grief Care is a seven (7) week program led by parish volunteers who have or are currently experiencing their own grief journey.

The group will meet for seven (7) consecutive weeks on Monday evenings in the Bride's Room from

7:00 PM - 8:30 PM.

If you are interested, please complete the attached registration form and return it to the parish office. If you have any questions regarding the sessions, please contact:

Lisa M. Danes

dan.es.2@comcast.net

302-598-7131 (C)

Deacon Jim Wolf

jwolf@saintbrigid.org

7 Week Journey

Next Session Starts
Monday evenings,

September 12, 19, 26

and

October 3, 10 17 24

Brides Room

Week 1: Introduction and
Overview

Week 2: Beginning to accept
the reality of loss

Week 3: Experiencing the
pain of grief

Week 4: Adjusting to the
environment without
your loved one.

Week 5: Reconciling grief
with your daily life

Week 6: Journeying toward a
new normal

Week 7: Moving toward closure

Registration Form

Complete and return to the parish office.

Name: _____

Phone #: _____

Email: _____

Your place of worship:

ALL VISITORS ARE WELCOME

Have you attended any other grief
support groups?

*Thank you for your interest in the
Grief Care Ministry.
We look forward to meeting you.*