

# 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.*



# Grief Care

Support Group

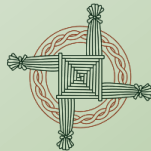
**SPRING 2025**

*A Ministry of  
Saint Brigid  
Catholic Church*

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

*Matthew 5:4*

# Grief Care

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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

[danes.2@comcast.net](mailto:danes.2@comcast.net)

302-598-7131 (C)

Deacon Jim Wolf

[jwolf@saintbrigid.org](mailto:jwolf@saintbrigid.org)

## 7 Week Journey

Next Session Starts  
Monday evenings,

**February 10, 17, 24**

and

**March 3, 10, 17, 24**

**in the Bride's 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.*