

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

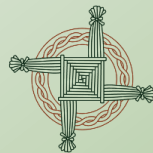
strive to facilitate:

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

SPRING 2026

*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
danesh2@comcast.net
302-598-7131 (C)

Deacon Jim Wolf
jwolf@saintbrigid.org

7 Week Journey

*Next Session Starts
Monday evenings,*

February 9, 16, 23

and

March 2, 9, 16, 23

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.*