

Saint Mary's Grief Support Group

Terri Maffeo and Mary Stith are co-leading a Grief Share weekly support group for those who have lost a loved one. Terri and Mary are widows and both have been trained as grief facilitators.

A Grief Share support group is a safe and welcoming place where others understand the difficult emotions of grief. In the coming weeks you will become part of a group where you will find support, direction, and help after a loved one's death. Everyone is unique in their grief journey.

Each week we will view one video on a grief related topic. The videos offer advice from experts in grief recovery. Individuals who have walked through grief, share what was helpful for them.

We will form into small groups to discuss the video and how it may apply to your journey through grief.

Some people may not feel comfortable sharing their feelings, and that's fine. How much you share and what you share is up to you. Our hope is you will benefit from watching the videos and want to share your thoughts. **Anything shared is strictly confidential.**

Your grief, and the relationship you had with your loved one is unique. We encourage you to grieve at your own pace and in your own time. Be patient with yourself and don't let others rush you through your grief.

For over 25 years, the Grief Share program has helped over 1 million people heal from the pain of grief. It's our prayer that Grief Share will help you too. You are not alone on this journey.

Blessings,

Mary and Terri

To register call Kathy 815-467-4228 or Mary 467-2233

When: 4/1 – 5/20 - 8 weeks 6:00 – 7:30 pm

Where: Parish Center (class room)

Space is limited, Mary or Terri will contact you.

If you are a parent, grieving the loss of a child, we will be happy to refer you to a support group specifically for the loss of a child.

