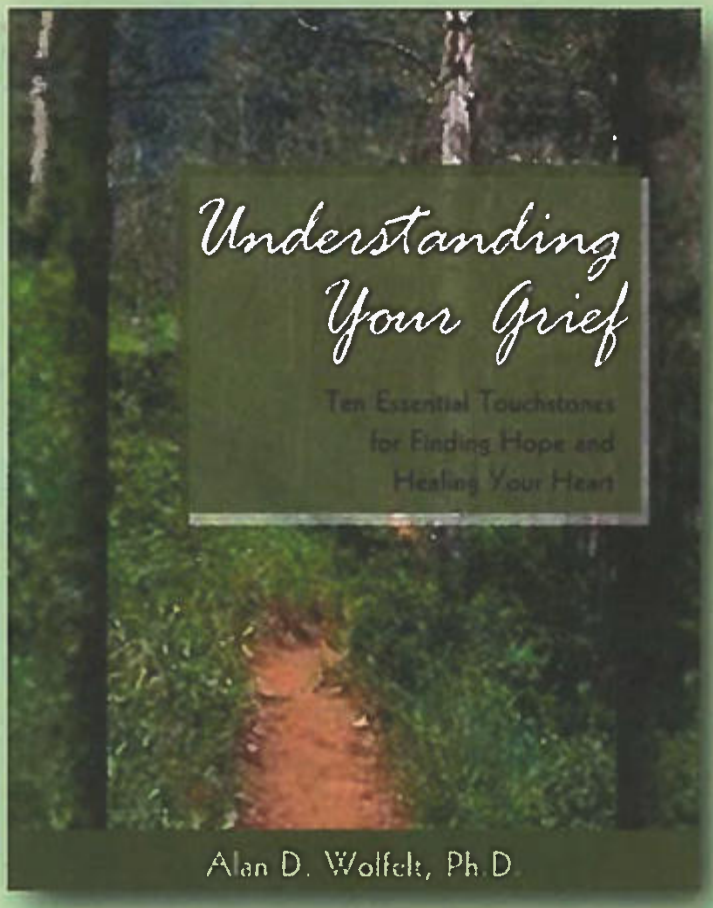
LAKE COUNTRY BEREAVEMENT SUPPORT GROUP

Sponsored by St. Bruno Circle of Life Ministry

You are invited to join this eight week, spiritually based, support group seminar that focuses on grief topics associated with the death of a loved one.

The presentation is taken from ***Alan Wolfelt's*** book, ***Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart***.



LOCATION

St. Bruno Parish Gathering Place
226 W. Ottawa Avenue, Dousman

2021 DATES

We meet on **Tuesdays**, beginning:
June 8, 2021, ending August 3, 2020
(no session on July 6th)
Attend as many sessions as you wish.

TIME

4:000 p.m.—5:30 p.m.

Please register by contacting:

Peggy Knepprath: (262) 424-4567 or
Sandy Mayernick (262) 968-4422

Alan Wolfelt's Ten Essential Touchstones:

1. Open to the presence of your loss
2. Dispel misconceptions about grief
3. Embrace the uniqueness of your grief
4. Explore what you might experience
5. Recognize you are not crazy
6. Understand the six needs of mourning
7. Nurture yourself
8. Reach out for help
9. Seek reconciliation, not resolution
10. Appreciate your transformation

Author, educator, and grief counselor, *Dr. Alan Wolfelt* is known across North America for his inspirational teaching. Dr. Wolfelt uses a "companioning" model of bereavement which emphasizes a nurturing, soul-based nature of the grief journey.

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