



GRIEF RECOVERY SERIES

St. Peter Parish, Chesaning
Parish Hall, 803 Church Street

- Free weekly sessions offering support and help to those struggling with the loss of a loved one.
- Attendees are encouraged to attend each session.
- All sessions 6 – 8 p.m.

Thursday - April 4, 2024 – Introduction to program.

Thursday - April 11, 2024 – What is Grief?

Thursday - April 18, 2024– Stages of Grief.

Thursday - April 25, 2024 – Moving Forward.

Thursday - May 2, 2024 – Coping Skills.

Thursday - May 9, 2024 – Moving back into familiar environments.

Thursday - May 16, 2024 – Support Systems.

Questions: Contact Rosemary (989) 845-1794