

Heart to Heart Grief Support

The next 8-week Grief Support class begins meeting February 6 in Room 211.

This confidential class is designed for adults who have lost a loved one (spouse, parent, adult child, sibling, or friend) through passing. Choose from morning classes 10-11:30am or evening classes, 6-7:30pm. These groups are facilitated by Barbara Olson and Linda Solheim.

Grief Support class will provide opportunities to:

- ♥ Express your grief in a confidential environment
- ♥ Honor your loved ones
- ♥ Develop a support system

Grief Support class will cover:

- ♥ Grief response: emotional, physical, and spiritual
- ♥ What affects grief
- ♥ Other associated losses (secondary) and multiple losses
- ♥ Tools for coping
- ♥ Regaining your equilibrium

We want to walk beside you as you work through your grief and begin to rebuild your hope for the future.



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OFFERING
HOPE TO THOSE
WHO GRIEVE

Heart to Heart Grief Support Class Registration

Name: _____

Primary Phone: _____

Email: _____

I will attend:

- Tuesday Morning
- Tuesday Evening

Return to the Ministry table or register online at lacasadecristo.com/adulteducation

Questions? Contact the church office at 480-948-1234



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