



St. Elizabeth's Bereavement Support Group

Our ***Spring Bereavement Support Groups*** will begin on ***Tuesday, February 19, 2019***, in the morning from **10:00 to 11:30 a.m.** and in the evening from **7:30 to 9 p.m.** Both groups will run for eight consecutive Tuesdays and will meet in the Amadeus Room on the 2nd Floor of the Parish Center at St. Elizabeth's Church, 700 Wyckoff Avenue, Wyckoff, New Jersey.

These groups will provide a safe, confidential atmosphere where you can meet and spend some important time with others who have also experienced loss. **These groups are open to both men and women of all faiths.** The only prerequisite for participation in these groups is that at least 3 months or more have passed since the time of loss. All our sessions are guided by trained, experienced leaders who have also lost loved ones.

The only cure for grief is to grieve. It is our hope to create an oasis of compassion and comfort that will allow participants to begin the healing process. For further information and ***to register for either a morning or evening group, please call 201-891-1122 ext. 266.*** Registration in advance is requested.

*If you know someone who is
grieving a loss, please pass
this information on to them.*

