

Heartache To Healing - 2020 Schedule

St. Michael Catholic Church Grief Support Group is offering a number of groups, topics, events and socials throughout 2020 to support you on your grief journey:

Date/Time	Event
<p>Thursday, March 19 7pm (doors open at 6:30pm)</p>	<p><i>Guest speaker</i> St. John's Bible Illumination <i>The Raising of Lazarus</i></p>
<p>May 7 – June 18 Thursday evenings (excluding June 11) 7pm (doors open at 6:30pm)</p>	<p><i>6 week Grief Support Group</i> ***Register by April 26</p>
<p>Thursday, June 25 6pm (doors open at 5:30pm)</p>	<p><i>Potluck Social***Please RSVP</i></p>
<p>Thursday, September 17 7pm (doors open at 6:30pm)</p>	<p><i>Event / Speaker / Topic - Details to follow</i></p>
<p>September 24 – October 29 Thursday evenings 7pm (doors open at 6:30pm)</p>	<p><i>6 week Grief Support Group</i> ***Register by September 13</p>
<p>Monday, November 2</p>	<p><i>All Soul's Day – 7pm Mass</i> Remembering our Loved Ones Fellowship to follow</p>
<p>Thursday, November 19 7pm (doors open at 6:30pm)</p>	<p><i>Coping with Christmas</i> Be prepared for the Christmas season and festivities</p>
<p>December 3 6pm (doors open at 5:30pm)</p>	<p><i>Potluck Social***Please RSVP</i></p>

Everyone is welcome! There is no fee. For more information:



Heartache To Healing

St. Michael Catholic Church
Grief Support Group
80 University Avenue W
Waterloo, ON N2L 3C7
Phone: 519-884-9311
Email: parish@stmichaelw.ca

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**Have you experienced the loss of a loved one,
or another significant loss?**

Join our Grief Support Group.

6 weekly sessions are offered in the spring and fall

Thursday evenings - 7:00-8:30pm (doors open at 6:30pm)

Spring dates are May 7 to June 18, 2020 (not incl June 11).

Fall dates are Sept 24 - Oct 29, 2020

Ongoing grief support sessions, guest speakers and socials are held every couple of months following the 6 week program. These ongoing sessions provide familiar support from the group as you continue on your grief journey.

Knowledge is power and the support of others who are on a similar journey will help you move forward.

There is no fee, but you must register. Everyone is welcome!

For more information (dates, program content) and to register:



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