



Finding Pathways through
Grief and Loss
A New Community of Recovery

Whether it was the death of a loved one, the loss of physical mobility or another great loss in your life, grief is meant to be shared. Since everyone's experience with grief is unique, you won't find us telling you how you ought to grieve. Instead, what you will find here are friends who care—and understand—what you are going through.

Finding Pathways through Grief and Loss is a mutual help support group. The group is not psychotherapy but it will help you navigate the difficulties of this new (or old) experience. No one has to talk, but everyone is encouraged to. Each week, we will discuss the issues and concerns common to bereaved people, including...

- What to make of the anger, discouragement, depression and guilt experienced in grief.
- How to deal with unfair expectations of others.
- Where to look for people you can trust to help you.
- How to manage the holidays and other special occasions.
- Who to consider for additional support if you need it.
- How to take care of yourself physically.

Friday mornings beginning May 13, 2011
10:30 a.m.—Noon
in the Fellowship Center Library

*For more information, call
Carole Parmeter Dyer, Intern Pastor
Phone (714) 963-5649*



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