

St Timothy Catholic Church

Loss & Hope Support

2020 ~ 2021

We meet every other Monday at **7:00-8:30** p.m. in **Classroom #1**
Join us for Sharing, Caring & Learning!
Please check our web: www.sainttims.org

Fall 2021

Sept. 14	Introduction & Self Nurturing
Sept. 28	Grief, Bereavement, & Mourning
Oct. 5	Unresolved Grief & Forgiveness
Oct. 19	Guilt
Nov. 2	Fear & Anxiety
Nov. 16	Relationship Losses
Nov. 30	Holiday's, Birthdays & Anniversary's
Dec. 14	Steps to Survival & Rebuilding after Loss
	<i>Social - set by group</i>

Spring 2021

Jan. 11	Introduction & Self Nurturing
Jan. 25	Grief, Bereavement, & Mourning
Feb. 8	Unresolved Grief & Forgiveness
Feb. 22	Guilt
Mar. 8	Fear & Anxiety
Mar. 22	Relationship Losses
April 5	Holiday's, Birthdays & Anniversary's
April 19	Steps to Survival & Rebuilding after Loss
	<i>Social - set by group</i>

Summer 2021

May 3	Introduction & Self Nurturing
May 17	Grief, Bereavement, & Mourning
June 7	Unresolved Grief & Forgiveness
June 21	Guilt
July 12	Fear & Anxiety
July 26	Relationship Losses
Aug. 9	Holiday's, Birthdays & Anniversary's
Aug. 23	Steps to Survival & Rebuilding after Loss
	<i>Social - set by group</i>

Grief is a long hard process, but also a very natural human process. God walks with you!

Irene Zumbo, Grief & Loss Counselor
JoAnne Slyster, Grief & Loss Counselor

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