

ST TIMOTHY CATHOLIC CHURCH

LOSS & HOPE SUPPORT

2021 - 2022 Schedule

We meet most 1st & 3rd Mondays from 7-8:30 p.m. in classroom #1

Join us for Sharing, Caring & Learning!

Please check our web site at; www.sainttims.org

WELCOME 2021

Sept. 13	Introduction & Self Nurturing
Sept. 20	Grief, Bereavement, & Mourning
Oct. 4	Unresolved Grief & Forgiveness
Oct. 18	Guilt
Nov. 1	Fear & Anxiety
Nov. 15	Relationship Losses
Dec. 6	Holiday's, Birthdays & Anniversaries
Dec. 20	Steps to Survival & Rebuilding after Loss Social, set by group

HAPPY NEW YEAR 2022

Jan. 10	Introduction & Self Nurturing
Jan. 24	Grief, Bereavement, & Mourning
Feb. 14	Unresolved Grief & Forgiveness
Feb. 28	Guilt
Mar. 7	Fear & Anxiety
Mar 21	Relationship Losses
Apr. 4	Holiday's, Birthdays & Anniversaries
Apr. 18	Steps to Survival & Rebuilding after Loss Social, set by group

2022 Summer Schedule

May 2	Introduction & Self Nurturing
May 16	Grief, Bereavement, & Mourning
June 6	Unresolved Grief & Forgiveness
June 20	Guilt (Church Conference room)
July 11	Fear & Anxiety
July 25	Relationship Losses
Aug. 1	Holiday's, Birthdays & Anniversaries
Aug. 15	Steps to Survival & Rebuilding after Loss Social, set by group

Although we have a schedule, in your 1st hour we will be listening to you and how we can help, the lesson is followed for your growth and understanding the Loss Process.

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

Irene Zumbo, Grief Counselor
Marissa Paradiso, Grief Counselor

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