



**NEXT SERIES  
BEGINS  
SEPTEMBER 16<sup>TH</sup>**

## **GOOD GRIEF**

### **BEREAVEMENT SUPPORT GROUP**

Is there such a thing as 'GOOD GRIEF' and how do I know I'm experiencing it when I'm bereaved? Is it possible to experience bereavement and not grieve? Please join us for this 6-week series if you have suffered the loss of a loved one through death. To register, please see below. After the second session, this will be a closed group. You are welcome to join the next series.

**Sessions include:**

**Moving Through Grief**

**Coping With the Feelings That Surface**

**What Is Good Grief and How Do I Manage It?**

**Stress Management**

**Changes in My Relationships**

**Letting Go and Moving On**

**Begins: Wednesday, September 16 6:30-8:30PM**  
**and meets for six Wednesdays:**  
**September 23, 30 October 7, 14, 21**

**St. Bede the Venerable Catholic Church**  
**215 Foothill Boulevard, La Canada**

**Parish Center: John XXIII Room (upstairs)**  
**Facilitated by Gloria Lee, LMFT and members of St. Bede's**  
**Bereavement Ministry. For registration/information, please**  
**call (818-679-1841) or the Parish Center (818) 949-4300.**

**A discussion oriented support group, BEYOND GOOD GRIEF,**  
**meets the 3<sup>rd</sup> Wednesday of each month, 7:00-8:30 pm, in the**  
**Parish Center.**