Grief Support Group

A 6-week Grief Support group will be offered here at St Christopher beginning Thursday February 27 and ending Thursday April 2. This group will meet in the prayer room from 11:45a until 1:15p. **All are welcome.**

Therapist Alan Wolfelt says: “Mourning never ends. Only as time goes on, it erupts less frequently.”

The loss of a loved one touches all of us through the course of life. We face the undeniable fact that life will never be the same as it had been. But, we also suffer different losses- the loss of a job, security, retirement savings, our home or the loss of a relationship.  We try to cope but it gets hard sometimes to keep going. Where can we find a GPS system to help us find our way?

Join us for our sessions which will use the backdrop of Lent to guide our prayer and our journey.

For more information, call Robin in the parish office: 440-331-4255 x 105 or email [rimbrigiotta@stchrisparish.com](mailto:rimbrigiotta@stchrisparish.com).