

St. Mary's 2020 GriefShare Program

GRIEF SUPPORT GROUP

Help and encouragement after the death of a spouse, child, family member, or friend

GriefShare is a special weekly seminar and support group designed to help you rebuild your life after losing a loved one. Our group is led by caring people who have experienced grief and want to help you through the difficult days ahead.

We know it hurts, and we want to help.

Contact Us Today

- Thirteen Sessions on Thursdays from January 9th to May 14, 2020
- At 1:00 to 3:00 p.m. and repeated at 7:00 to 9:00 p.m.
- You may join at any time and attend as many sessions as you wish.
- Meetings will be held at St. Mary's Chapel, Bedford Ave., Fishkill, NY.
- See www.GriefShare.org for more information and the list of topics and participants' comments
- **Facilitators:** Catherine Cwiakala, LMSW, St. Mary's Grief Counselor, and Dean Lore, Eileen Murphy, and Kathy Rigney.

*For further information and/or to register,
please call Catherine, at 845-896-6400.*

GRIEF  SHARE

YOUR
JOURNEY
FROM MOURNING TO JOY