

## **Grief Support Group**

Losing someone close to you through death is one of life's most painful experiences.

To help support you through a recent or past loss, the Pastoral Care Ministry is offering a Grief Support Group on Mondays beginning October 14<sup>th</sup> from 7:00 to 8:30 p.m. This group will meet 6 consecutive Mondays, from October 14<sup>th</sup> through November 18<sup>th</sup> in the office of Rev. John Morehouse at the UU Church.

In this group, participants will gain a greater understanding of the grief process. They will be invited to participate in a journey of hope and healing. This journey includes sharing their stories of loss, identifying challenging times in this period of mourning and discovering ways to cope. Honoring the legacy of those who have died is also a key part of this healing journey.

The Grief Support Group is open to all, including the wider community. If you know of anyone who might benefit, please pass this information along. Thank You!

For further information, or if you are planning to participate in this group, please email or call one of the co-facilitators by no later than October 8<sup>th</sup>: Pat Francek, MSW, 203-893-1781 ([patfrancek@gmail.com](mailto:patfrancek@gmail.com)) or Chuck Harrington, 203-984-2324 ([ccharrington20@gmail.com](mailto:ccharrington20@gmail.com)).

**Grief Support Group**  
**Mondays, 7:00-8:30 pm**  
**October 14—November 18**  
**UU Church, Westport, CT**