

GRIEF AND LOSS SUPPORT GROUP

WHO IS THIS GROUP FOR?

- ANYONE WHO HAS EXPERIENCED LOSS AND IS LOOKING FOR GRIEF SUPPORT WITH OTHER ORTHODOX CHRISTIANS.
- LOSS AND GRIEF INCLUDING: DEATH OF A LOVED ONE, SUDDEN DEATH, TRAUMATIC LOSS, ALZHEIMER'S, DEMENTIA, MISCARRIAGE, SUDDEN ILLNESS, ETC.

4 WEEK SUPPORT AND EDUCATION

THIS GROUP IS GEARED FOR THOSE WHO WANT TO LEARN MORE ABOUT THE GRIEVING PROCESS.

TOPICS INCLUDE THE IMPACT OF GRIEF ON THE MIND, BODY, AND SPIRIT, THINGS YOU CAN DO TO HELP EASE THE PROCESS AND HOW TO FIND MEANING AGAIN.

MEETING DATES:

TUESDAYS:

OCTOBER 22ND NOVEMBER 5TH
OCTOBER 29TH NOVEMBER 12TH

LOCATION TBD- E MAIL WILL BE SENT PRIOR TO START OF THE SESSION

MONTHLY GROUP

THIS GROUP IS GEARED FOR THOSE WHO WOULD LIKE TO MEET ON A MONTHLY BASIS. WILL INCLUDE DISCUSSION TIME AND DIFFERENT TOPICS.

MEETING DATES:

THE LAST WEDNESDAY OF THE MONTH
WEDNESDAYS 7-8PM (AFTER VESPERS)

NOTE: YOU MAY ATTEND BOTH GROUPS IF YOU WISH.

ABOUT US

MATUSHKA JENNY SCHROEDEL AND JONI SNIDARICH BEGAN A NEW GRIEF EXPLORATION/SUPPORT GROUP IN THE FALL OF 2023. WE WILL BE OFFERING 2 NEW GROUPS IN THE FALL OF 2024.

MATUSHKA JENNY SCHROEDEL, IS A HOSPICE CHAPLAIN SPECIALIZING IN GRIEF SUPPORT.

JONI SNIDARICH IS A RN WITH A CERTIFICATION IN GRIEF EDUCATION.

SPIRITUAL SUPPORT: FR. BENJAMIN TUCCI AND FR. TIMOTHY SAS

TO REGISTER OR FOR QUESTIONS E- MAIL TO JONI AT [STMARYSGRIEFGROUP.COM](mailto:stmarysgriefgroup.com)

ALL COMMUNICATION FOR GROUP UPDATES WILL BE BY EMAIL

