

The St. Bonaventure Healing the Heart Ministry provides spiritual and emotional support for those who have experienced the death of a loved one.

*Peer ministers have experienced a loss themselves. These wounded healers facilitate two six-week workshops a year. A **Christ-centered** program, **Healing the Heart Workshop** offers **empathetic listening and compassionate sharing** of feelings. It provides a **safe and caring** environment, where each person, in his or her own way, can begin to cope with their loss and **start the healing process.***

Healing the Heart Ministry
St Bonaventure Catholic Community
5562 Clayton Road
Concord, CA 94521

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St. Bonaventure Catholic
Community

offers support for anyone
who has experienced the death of
a loved one.

Healing the Heart Workshop

A safe place to express grief and begin healing after loss.

We believe

- Each loss is unique.
- Each person has unique feelings after a loved one dies.
- Feelings are not bad or good; they just are.
- Healing is facilitated by talking about feelings in a nonjudgmental, caring environment.
- Each person has a unique way of healing.
- By sharing openly, one can find meaning in the loss and find ways to live lovingly again.

What is the Healing the Heart workshop? It is a six-week program characterized by trust in prayer, open sharing and ritual. Peer ministers conduct the workshop.

Who can attend? Anyone who has experienced the death of a loved one.

Does the loss have to be recent? There is no time frame for grieving. The loss may be years or weeks ago.

Do participants have to attend St. Bonaventure Church? Anyone in the community, regardless of religious affiliation, may register for the workshop.

When is the next workshop?
Tuesday evenings
August 23 – September 27, 2016
7:30 – 9:00 p.m.
at St. Bonaventure Catholic Church

Preregistration is required.
Registrations must be received by August 10. The workshop is free.

Workshop will be cancelled if there are not enough participants.

How do I register for the next workshop? Complete the following form and mail it to:

Healing The Heart Ministry
St. Bonaventure Catholic Church
5562 Clayton Road
Concord, CA 94521

or
call St. Bonaventure's office
at 925-672-5800
or Helene Billeci at 925-686-4870

Name: _____

Address: _____

City: _____

Phone: _____

Email: _____

I can't attend this workshop but would like to be notified of future workshops.