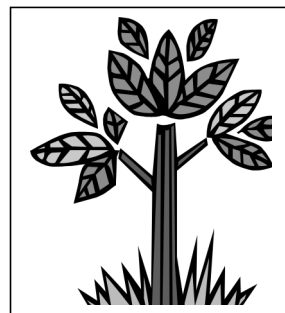


# Our Lady of Mercy Parish's Lazarus /Bereavement Ministry

## "Grieving the Death of a Loved One"



### A Journey toward Healing and Hope

*Grief* is a journey that we are never really prepared to take. It begins on the day you lose a loved one, and continues throughout many different moments of your life. It will take you to places you have never known and places that you may not want to go. *Grief is a journey you do not have to take alone!*

Please join us as we **RESTART** our Bereavement/Grief Support group at OLM. If you have questions, or would like more information about the group, please call John Rokoszak at 201-391-3590 or email: [john.rokoszak@urolm.org](mailto:john.rokoszak@urolm.org)

*The group is open to anyone who has ever suffered the loss of a loved one.*

All meetings will be held in person\* in the OLM Parish Center, 50 Pascack Rd., Park Ridge, NJ

\*Face Masks are optional for all participants.

## "Our Journey Through Grief"

WEDNESDAY, SEPTEMBER 15, 2021

7PM TO 8PM

## "Why Your Grief is Unique"

WEDNESDAY, OCTOBER 13, 2021

7PM TO 8PM

## "Grief: Necessary and Normal"

WEDNESDAY, NOVEMBER 10, 2021

7PM TO 8PM

## "Handling the Holidays"

WEDNESDAY, DECEMBER 8, 2021

7PM TO 8PM

So we can prepare the materials for the sessions [please register by calling 201-391-3590.](tel:201-391-3590)

Thank you.