



# SAVE THE DATE

## *Coping with the Holidays*

**Monday, October 14, 2019**

**7:00 – 8:00 P.M.**

**Our Lady of Mount Virgin**

**(Parish Center Cafeteria)**

**450 Drake Ave, Middlesex, NJ  
08846**

**Keynote Speaker: Jessie Flynn**

### **To Register**

*please call 732.356.2149*

and leave your first name,  
last name and phone number.

**Please register no later than 10/7/19.**

### ***Questions?***

*Email: reillyging@gmail.com*

**Sponsored by  
Our Lady of Mount  
Virgin Church and the  
Lazarus Ministry**



### **SPEAKER**

**Jessie Flynn**

Jessie Flynn has been helping people develop their spiritual, mental, emotional and physical potential for over twenty years as a lecturer, author, workshop leader and teacher. She earned several advanced degrees, one in which she specialized in pastoral counseling. Her background includes organizing and managing charitable outreach programs in her community, providing motivational seminars for businesses, and schools. And teaching life-coping skills to parents and children.

A certified bereavement facilitator, she conducts support groups that help people journey through grief in a healthy way. Jessie is also the author of "Kids Cope With Grief", a series of books that educate children about dealing with the loss of a loved one through death.

She has served on the National Board of Directors of the National Catholic Ministry to the Bereaved. Jessie has also trained people in our diocese to facilitate Lazarus Ministry programs and the program "Journey Through Grief". To each of these endeavors, Jessie brings a remarkably intuitive, empathetic, warm and hopeful manner that acts as a catalyst for positive change in others.