

# GRIEF SUPPORT GROUP

Beginning Monday, April 23

6:30-8:00 pm, ELPC Trustees' Room

5-Weeks and **FREE** to **ALL**



Grieving is a process, a human experience which, when met with compassion and care, can flow into a renewed and deepened engagement with life.

The group is for those in our community (ELPC and beyond) who are grieving the loss of a loved one. The facilitators will provide direction and resources, healing practices, and ample opportunities for sharing and discussion. Participants should plan to attend all five sessions.

Co-facilitators Ted Cmarada and Susan Spangler are ELPC members and psychotherapists. Their work is grounded in experience and seasoned with warm, compassionate presence.

For more information please contact:

Ted (240.446.4937) or Susan (240.285.6507)

EAST LIBERTY PRESBYTERIAN CHURCH

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Sponsored by the Health Ministries of East Liberty Presbyterian Church.