



Bereavement Group

Finding Comfort in Our Time of Loss

Any and All are Welcome!

Coping with the loss of a loved one has no set time frame. There are moments when we seem to be managing just fine and then there are moments when we continue to struggle. Holidays, life-cycle events and everyday living can at times feel overwhelming. Memories can fill us with joy and are bittersweet as well. Please come join us as we support one another in a shared loss, yet knowing that our grief experiences are unique to us. Laughter and tears are equally welcome. **Constellation Hospice's Jan Cowles**, Bereavement Coordinator and **Nancy Cook, LCSW** will co-facilitate this important group. There is no charge but pre-registration is required. Please call **Jan** at **(203) 497-3872**. You are warmly invited to attend. All you need to bring is yourself...that is the courageous first step.

October 11th - December 13th (Thursdays)
(No program held the week of Thanksgiving)
1pm - 2:30pm

First Congregational Church
3 Lewis Street
Norwalk, CT 06851

"The reality is that you will grieve forever. You will not 'get over' the loss of a loved one; you will learn to live with it... You will be whole again but you will never be the same... Nor would you want to."

~ Elizabeth Kubler-Ross and John Kessler

God is still speaking,
**UNITED CHURCH
OF CHRIST**

