

Healing Back to Life After Loss

Thursday March 25 7:00 - 8:30 p.m.

St. John the Baptist Church



Everyone experiences loss, whether from death, divorce, or other major transition. In the midst of it, hope seems lost and you often feel like you will never be happy again. Would you like to help yourself or those you love heal?

Come hear someone who has been there herself and has continued to minister with grieving people for over 20 years. Learn about grief itself - what it feels like and what is normal. Then learn practical strategies - what to say, what to do, and how to eventually become whole again

