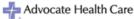
Evangelical Lutheran Church of America

In Partnership with Congregational Outreach Advocate Health Care Aurora Health Care



Presents a Four-Part Series on Grief



Location Sites of the Four-Part Series

Sunday, September 15, 2019 - Seasons of Grief

Location: Bethany Lutheran Church, 5-7 p.m.

76 W Crystal Lake Ave, Crystal Lake, IL Room: Luther Hall

Presenter: Christine SPUHLER, LCPC, Psychologist

Sunday, November 17, 2019 – Making it through the Holidays

Location: St. Barnabas Church, 5-7p.m.

8901 Cary Algonquin Rd, Cary, IL 60013 Room: Family Life Center Presenter: Maggie MOORE, Widow Coach and Certified Grief

Recovery Specialist

Sunday, January 19, 2020 - New Beginnings?!? Faltering Steps in Grief

Location: Bethany Lutheran Church, 5-7 p.m.

76 W Crystal Lake Ave, Crystal Lake, IL Room: Luther Hall

Presenter: TBA

Sunday, March 1, 2020 - Life... Even in Grief Body • Mind • Spirit

Location: St. Barnabas Church, 5-7p.m.

8901 Cary Algonquin Rd, Cary, IL 60013 Room: Family Life Center

Presenter: TBA

Soup for the SOUL

Learning Together in the MIDST OF GRIEF

Join us for this 4-Part Series

In each seminar, we will learn from experts and from each other, different ways to process and live with grief. We will share tools, techniques, and gifts of healing, and we'll begin by sharing a meal together as we nourish our bodies and our hearts. Each workshop will cover all kinds of grief:

- Death of a loved one
- Becoming an empty nester
- Loss of a job or health
- Transitions in life (i.e. retiring, aging)
- Relationships ending

REGISTER TODAY

"Helpful in preparing materials and food"

WELCOME !!



RSVP for the first workshop by **September 12, 2019**

Email—Suzanne Martinez, Congregational Outreach

Suzanne.martinez@advocatehealth.com

Questions? Call: 847-842-4285