

ST. BARNABAS LUTHERAN CHURCH, ELCA *and* Bethany Lutheran Church, ELCA
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**

Presenter: Christine SPUHLER, LCPC, Psychologist

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

Presenter: Maggie MOORE, The 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.

Presenter: Christine SPUHLER, LCPC, Licensed Clinical Professional

Sunday, March 15, 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: Irene CORZO, LPC, Licensed Clinical
Professional Counselor, Irene Corzo & Associates

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 4th workshop by,
March 12th, 2020**

Email—Suzanne Martinez, Congregational Outreach
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Questions? Call: 847-842-4285

or

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Thank you!

Soup for the SOUL

Learning Together in the MIDST OF GRIEF