



Grief Support Group for Adults

“Blessed are those who mourn, for they shall be comforted.”

Our Lady of the Wayside Ministry of Bereavement offers a grief support program for adults. This six-week program is open to adult men & women parishioners who have suffered the loss of a spouse, parent, adult child or sibling through death.

“Companions on the Journey” - A Place and a Time to Heal

October 28, November 4, 11, 18, 25 & December 2

10am to 12pm in the Our Lady of the Wayside Parish Center

Even with deep faith, grief work is hard. People say you should be “over it by now,” but you are not; you may feel lonely, angry, depressed, overwhelmed or confused; others have gone back to their daily routines, but your life will never be the same. The goal of this group is to help you understand your feelings are normal; guide you in learning about the grief process; and give you a safe place to share your thoughts, feelings and experiences in a faith setting.

To register please do one of the following:

- Call Kathy O’Neill at 847-253 -5353, ext. 238;
- Email Kathy O’Neill at parishnurse@olw.org;
- Fill out the form below and mail it to Kathy’s attention at OLW; or
- Drop the form in the weekly collection basket in an envelope with Kathy’s name on it.
- You will receive a call before the first session.

Your Name: First _____ Last _____

Telephone
Number _____ Email _____

Name of Person Who Died: First _____ Last _____

Relationship to you – (Circle one): Spouse Parent Sibling Adult Child

Date of Death _____