



## Grief Support Group for Adults - FALL, 2023

“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 and 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

**Wednesdays - November 1, 8, 15, 22, 29, and December 6, 2023**  
**10 am to 12 pm in the Our Lady of the Wayside Parish Ministry 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. Strong feelings may surface months, and even years after the person died. 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 by Wednesday, October 18, 2023:**

Call Kathy O’Neill at 224-518-1780;

Email Kathy O’Neill [parishnurse@olwparish.org](mailto:parishnurse@olwparish.org) with the information below;

Complete the form below and drop it in the weekly collection basket; or

Complete the form below and mail it to Kathy’s attention at Our Lady of the Wayside.

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#### Your Name

First \_\_\_\_\_ Last \_\_\_\_\_

Telephone Number \_\_\_\_\_ Email \_\_\_\_\_

#### Name of Person Who Died

First \_\_\_\_\_ Last \_\_\_\_\_

Relationship to you - Circle 1                      Spouse    Parent    Sibling    Adult Child

Date of Loved One’s Death \_\_\_\_\_