



There is no grief like the
grief that does not speak.

Henry Wadsworth Longfellow

Grief Support Gatherings

Wednesday Mornings

Dates: January 11, 2023 - February 22, 2023

Time: 10:00 am - 12 Noon

Place: Gathering Room in the Church

Space is limited!

Register by Wednesday, January 4, 2023

Email: peg@ourladyoflight.com or

Call Peg at 239-645-4639

These get together settings are held in a comfortable and non-intimating atmosphere. You will understand the difficult emotions you are experiencing and learn ways to take care of yourself physically, emotionally and spiritually.