**Grief Support Group**

at Fountain of Life Lutheran Church

sponsored by

Pastor Tim Duerr, Stoneridge Hospice

These past few years have been hard on everyone, and God’s family is no exception. We all need support, fellowship and a reminder of God’s love and mercy for us as we navigate the difficulties of life, love and loss. If you have lost a loved one in the past few years and you need someone to talk to, join Pastor Tim Duerr from Stoneridge Hospice on the first and third Thursdays of the month, beginning at 10AM, Thursday March 3rd at Fountain of Life Lutheran Church.

Please contact the Fountain of Life church office at 623-933-8246 to RSVP, or for more information.

**Dates:** The 1st and 3rd Thursdays of every month; 10AM-11AM, March-June.

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| Session | Date | Topic |
| Session 1 | March 3, 2022 | Introduction and the impact of loss |
| Session 2 | March 17, 2022 | A Journey of 1000 days Starts with the First Step |
| Session 3 | April 7, 2022 | Healing and Rebuilding from our Loss |
| Session 4 | April 21, 2022 | Overcoming Shock and Disorganization |
| Session 5 | May 5, 2022 | The Serenity Prayer |
| Session 6 | May 19, 2022 | Finding a Safe Place |
| Session 7 | June 2, 2022 | The Process of Grieving |
| Session 8 | June 16, 2022 | What Am I Taking From This? |