

# **JOURNEY FROM GRIEF TO HEALING**

*The New Day Journal Program*

**Wednesdays, 6:00pm-7:30pm**

**Beginning October 18, 2017**

**St. John Berchmans Church Office Library**

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**Grief is a normal and natural reaction to the death of a loved one.  
Few of us are prepared for the long journey of grief  
that is at time devastating, frightening and lonely.**

**If you are saddened by the recent loss of a loved one,  
join us as we talk about and offer steps  
to work through the grieving process.**