

Believing that grief is a natural response to loss and a necessary process in adjusting to change, we endeavor to support the bereaved in their mourning.

Support groups strive to facilitate: expression of emotion and thought about loss, including sadness, pain, anxiety, anger, loneliness, guilt, relief, isolation, confusion, or numbness.

Challenges that often follow a loss can include: disorganization, tiredness, trouble concentrating, sleep deprivation, vivid dreams, and changes in appetite.



A special seminar and support group for people who are grieving the death of someone close to them.

It's a place to be around people who understand what you are feeling.

At
GRIEF CARE

you'll learn valuable information about recovering from your grief and renewing your hope for the future.



SAINT BRIGID
Catholic Church

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GRIEF CARE



A Grief Recovery Support Group

Fall 2026

*A Ministry of
Saint Brigid
Catholic Church*

*Blessed are those
who mourn,
for they will be comforted.
Matthew 5:4*

Grief Care is a seven week program led by parish volunteers who have or are currently experiencing their own grief journey.

The group will meet for seven (7) consecutive weeks on Monday evenings in RM 135 from

7:00 PM - 8:30 PM.

*Next Session Starts
Monday evenings,*

September 14, 21, 28
and
October 5, 12, 19, 26

If you are interested, please complete the attached registration form and return it to the parish office. If you have any questions regarding the sessions, please contact:

Lisa M. Danes

dan.es.2@comcast.net

302-598-7131

Deacon Paul Doppel

pdoppel@saintbrigid.org

GRIEF CARE helps you to successfully travel on the this seven week journey from mourning to joy.

1. INTRODUCTION AND OVERVIEW
- 2: BEGINNING TO ACCEPT THE REALITY OF LOSS
- 3: EXPERIENCING THE PAIN OF GRIEF
- 4: ADJUSTING TO THE ENVIRONMENT WITHOUT YOUR LOVED ONE.
- 5: RECONCILING GRIEF WITH YOUR DAILY LIFE
- 6: JOURNEYING TOWARD A NEW NORMAL
- 7: MOVING TOWARD CLOSURE



Registration Form

Complete and return to the parish office.

Name: _____

Phone #: _____

Email: _____

Your place of worship:

Have you attended any other grief support groups?

*Thank you for your interest in the
Grief Share Ministry.
We look forward to meeting you!*