

**New Series!**

# Growing thru Grief

**Six-week Introduction to Grief series:  
April 10 through May 15**

## Offering Help for Those Who Mourn...

Growing thru Grief is a coalition of Triangle area religious and civic organizations to bring ongoing support and comfort to those who mourn. This program features education and small group discussion.

We meet every Tuesday except holidays at St. Paul's Lutheran Church, 1200 W. Cornwallis Rd. in Durham. Come and gather for conversation and refreshments at 4:00; the program runs from 4:30 to 6 pm. All are welcome!



Photo by Leonard Beeghley

## New Introduction to Grief Series to Begin

Mitzi Quint, a Licensed Clinical Social Worker with 20 years' experience in grief and loss, will discuss the following topics:

- April 10: It's Normal Not to Be Normal: Understanding Your Grief Reactions**
- April 17: Beyond the Five Stages: Understanding Your Grief Journey**
- April 24: Making Peace with Difficult Emotions and Unfinished Business**
- May 1: I Thought I Knew Me, But Who is This New Me?**
- May 8: Ideas to Help You C.O.P.E.,**
- May 15: Grief as a Healing Process**

**This is an open program, with each week standing on its own. Feel free to come when you can.**