

Bereavement Meetings at St. John the Evangelist

When: We meet on the **THIRD WEDNESDAY EACH MONTH from 10:30 - 12:00.**

This is **April 15th, May 20th, June 17th.**

Where: **St. John the Evangelist Parish Center.**

Who: All are welcome to participate in our bereavement program.

What to expect: Some prayer. Short talks will be given (15-20 minutes) to discuss topics directed toward how you care for yourself physically, emotionally and spiritually. *Topics and activities range from diet and exercise, grieving a loss of a pet, caring for those with dementia, and other areas of interest. After these presentations the balance of time will be spent socializing to work through grief.*

Social and Service Ministry Events will be planned activities as well.