# **JOURNEY FROM GRIEF TO HEALING**

The New Day Journal Program

Thursdays, 6:00-7:30pm

Beginning January 19, 2023

St. John Berchmans Church Office Library

Contact: Dotye Stanford 318-221-5296 ext 107 dotstanford@sjbcathedral.org

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 times devastating, frightening and lonely.

of a loved one, join us as we talk about and offer steps to work through the grieving process.

## **New Day Journal A Journey From Grief To Healing**

**Terence P. Curley** 

New Day Journal A Journey From Grief To Healing:

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