



SUMMER 2018

GRIEF SUPPORT

Mondays | 6:00 pm | Christian Life Center Chapel

May 28	NO MEETING
June 4	Keeping Your Sparkle in the Grief Journey: Benefits of Activity During Loss
June 11	Moving Forward after Loss
June 18	Dealing with Change – Part 1
June 25	Dealing with Change – Part 2
July 2	NO MEETING
July 9	The Healing Aspect of Creativity in Grief
July 16	Rekindling Joy: Practicing Gratitude in Times of Sadness
July 23	Would've...Should've...Could've
July 30	Winter Grief, Summer Grace
August 6	What To Do with The Stuff
August 13	Comfort and Healing Through Art and Music – Part 1
August 20	Thriving in the Midst of Change
August 27	Comfort and Healing Through Art and Music – Part 2
September 3	NO MEETING

Visit popmn.org/support or contact Jody Slaughter at jslaughter@popmn.org, 952-898-9312