



Bereavement Support Groups

Our neighboring parishes, OLGc and St. John Neumann are offering Bereavement Support Groups for those in need!!

* *St. John Neumann Catholic Church*, in Reston, Virginia, will be offering a six-week bereavement support group for people coping with the loss of a loved one beginning **Saturday, February 13, 2016.** The group will meet from 10-00 - 11:30 a.m. and in the conference room. “The New Day Journal, a journey from grief to healing” will be provided. Facilitators are Kathleen Sebek and Chris Gallager. Registration is required. For additional information and REGISTRATION, please contact Kathleen at sebekkathleen@gmail.com.

* *Our Lady of Good Counsel* in Vienna, Virginia is offering their Bereavement support program titled, “OLGC Compassionate Friends” beginning on Monday, March 29th at 7pm for 8 weeks. If you have lost a loved one and would like the support of caring people, then please come. For more information or to register, please contact Georgene Wall at georgie633@aol.com or S. Janice at adultfaith@olgcvva.org . More information can also be found on the Adult Faith Formation brochure or the parish website.

* You may also find support through a great organization called, “Haven of Northern Virginia”. Since September 1976 Haven volunteers have helped individuals work through their grief offering comfort and support by sharing insights, resources and techniques that encourage recovery and healing. Please give them a call at 703-941-7000