

## Notre Dame of Mt. Carmel

Cedar Knolls, NJ

*Have you experienced a loss and find it challenging at times  
to move through your grief?*

*Does a gnawing sense of emptiness weigh down your spirit  
and your outlook on life?*

### Grieving<sup>with</sup> Great **HOPE**

*"I was touched by this workshop and learned a lot about the grieving process. I learned everyone has a particular journey and the workshop gives tools to work on the healing. You're left with great hope that down the road joy and peace await with the help of Grace."*

\* GRIEVING WITH HOPE\* PARTICIPANT

## **BEREAVEMENT SUPPORT SERIES**

Consider joining facilitators *Grant Salmon* and *LuAnn Dolan* on a five-week, DVD-based journey, "*Grieving with Great Hope.*" This weekly series will offer participants an opportunity to learn from practical wisdom about moving through grief, and will include personal sharing and fellowship that point people back to Christ for healing of their hearts.

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Sessions will take place on **Monday evenings** during Lent,  
**7:00-8:30 PM** on the following dates:  
**February 19 & 26; March 5, 12 & 19.**

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### **Registration is required:**

*Please contact either Grant Salmon at 973-220-1759,  
or Jean Pankow at 973-538-1358, ext. 122.*

**Registration closes Monday, February 5!**