

OUR LADY OF GRACE SPIRITUAL CENTER

A sponsored institution of the Congregation of the Sisters, Servants of the Immaculate Heart of Mary

Men's Grief Workshop

EXPLORING THE MYSTERY OF GRIEF, LOSS, DEATH & DYING, AND THE NEW NORMAL

Offered in four parts over two days, we will gather in a safe, confidential environment to explore the depth of the heart where God's healing presence abides.

- Designed to support men and their grief experiences.
- Gain greater personal insight and understanding.
- Strategies & coping skills to make space for the healing process.
- Each topic in the workshop is built upon the other.
- Includes prayer, reflection/meditation, presentation materials, handouts, journaling, storytelling and optional personal sharing.

Presenter: Jo-Andrew D'Alessandro Accary

Two Sessions:

Tuesday, APRIL 23, 2024

Tuesday, APRIL 30, 2024

10:00 am – 2:00 pm

\$75.00 per session

Includes lunch

Call (516) 627-9255 or visit www.olgretreat.com to register