

Catholic Community of Pleasanton

Stepping-Stones on Your Grief Journey

The death of a loved one is unlike any other loss. Whether the death was sudden and tragic, or one with warning and preparation, the reality of death leaves most of us in a state of shock, confusion, and sadness. Grieving people need time and space to honor their grief. Each person's grief journey has its own path and its own timeline. Although there is no right or wrong path, these are stepping-stones that are part of each grief journey, and we'll explore them in this eight-week series of workshops.

Join us and let us accompany you on your healing journey.

Location: St. Elizabeth Seton Church
4001 Stoneridge Drive
Pleasanton, CA 94588

These sessions are open to all, regardless of religious affiliation.

Dates & Time: Thursday evenings beginning on April 13, 2023 and ending on June 1, 2023 at 7:00 p.m.

Program Information: Pre-registration is required. Space is limited. A one-time \$20 donation is requested.

For more info and to register:

Call Barbara at 925-846-3904; to view a short video explaining our grief program and additional information on our meetings, go to our website: Catholicofpleasanton.org and scroll down to Grief Ministry and tap on the box.

Or mail registration to:
Grief Workshop
St. Elizabeth Seton
4001 Stoneridge Drive
Pleasanton, CA 94588

Name:

Address:

City:

Zip:

Home Phone:

Cell:

Type of Loss:

Child Spouse Parent Sibling

Friend Relative Other