



Heartache To Healing

Coping with Christmas

Grieving the loss of a loved one at any time is difficult, but it can seem all the worse as we approach the Christmas season.

Join us as we discuss ways to find joy in each moment, trusting that there will be brighter days ahead.

Date: Wednesday December 1st 2021

Time: 7pm-8:30pm (doors open at 6:30pm)

Place: St. Michael Church, Parish Centre (basement)

Registration is required by phoning or emailing our Parish Office (contact information below).

All Covid precautionary requirements will be in place.

Participants will be required to wear masks and social distance.

Everyone is welcome. Bring a friend.

For more information and to register:



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St. Michael Catholic Church
Grief Support Group
80 University Avenue W
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Phone: 519-884-9311
Email: parish@stmichaelw.ca