

St. Joseph Mercy Oakland

Is proud to announce the beginning of
St. Joseph Mercy Oakland Bereavement Support Group “Passages in Grief”

Please Join us

When: 3rd Wednesday of each month

Time: 11 am or 6:30 pm

Where: Virtual through Zoom

11am Meeting:

Join Zoom Meeting

<https://zoom.us/j/96954640137?pwd=bk5aRmppWURzT3ZubDVmYnpHTXlnUT09>

Meeting ID: 969 5464 0137

Passcode: nyAK8U

6:30 pm Meeting:

Join Zoom Meeting

<https://zoom.us/j/93428210378?pwd=ckdWaXE3by81bHRsSFZZL2tjZExpZz09>

Meeting ID: 934 2821 0378

Passcode: Ueri77

Monthly Outline

October 20, 2021 – “Opening to the Presence of Our Loss”

November 17, 2021 – “Exploring Your Feelings of Loss”

December 15, 2021 – “Embracing the Uniqueness of Your Grief”

January 19, 2022 – “Nurturing Yourself”

February 16, 2022 “Understanding the Six Needs of Mourning”

March 16, 2022 – “A New Normal”

April 20, 2022 – “Seeking Reconciliation Not Resolution”

May 18, 2022 – “Grief Stone Remembrance Activity”

Support Group will be led by Colleen Lambert, Certified Clinical Therapist.
Mrs. Lambert has a Master in Counseling and a Bachelors in Psychological Counseling
with a minor in Biblical Studies.