



## Grief and Loss Services March – May 2022

### Bereavement Workshops

#### **Stronger at the Broken Places** ...

Wednesday, March 30, 2022 | 7:00pm -- 8:30pm CT | offered via Zoom

As we grieve, we may often feel exhausted and empty, wondering what to rely on in the darkest times. Join us for an exploration of how our unique selves – our talents, creativity and strengths – can bring us safely through to a new appreciation of our resilience in the face of overwhelming grief.

Registration required by Friday, March 25, 2022. For more information or to register, please call **847.653.3141**.

**Remembering Mom** | Saturday, May 7, 2022 | 10:30am – 1:00pm |

Edison Park Lutheran Church, 6626 N. Oliphant, Chicago, IL 60631.

If Covid precautions require, the workshop could be presented virtually via Zoom.

Remembering Mom is a workshop for adults of all ages whose mothers died at any point in their lives. Come to explore this important relationship, share memories, and find ways to maintain an enduring connection.

Registration required by Monday, May 2<sup>nd</sup>. For more information or to register, please call **847.653.3141**.

