

Taking Steps on Your Journey Through Grief



with Special Guest Speaker:
Dr. William G. (Bill) Hoy

Wednesday, August 9
from
9am – 10:30am

Pastoral Center
(Diocese of Orange)
Off Chapman Avenue, Gate 2, Lot P1
First Floor Conference Room F
13280 Chapman Avenue
Garden Grove, 92840

Bereavement is not about “recovery,” but rather, about finding renewed life. The basic task for a bereaved person is to learn to live in a radically-changed world that no longer includes the physical relationship with our loved one. In this practical, community workshop, Dr. Bill Hoy will help bereaved people understand the practical steps you make to take charge of their lives and live again, even in the aftermath of incredible sorrow.

During the workshop, we'll find answers together to questions like:

- What simple actions can I take now to get my life back on track?
- Is what I'm feeling normal?
- How do I deal with well-meaning friends and their unwanted advice?
- The holidays are coming; what in the world are we going to do about them?

RSVP to Becky Lomaka by August 7th at blomaka@oconnormortuary.com
or visit our Events Calendar to Register Online at www.oconnormortuary.com/events