

# NEW DAY

## A Grief Support Group for Adults

Thursdays, September 16th—November 11th  
7:00-9:00 pm

Holy Spirit Community Center  
Room 211

**NEW DAY** is a grief support process in which you can begin to deal with the death of a loved one in an atmosphere of care and understanding. The sessions contain prayer, reading reflection, sharing & journaling. **NEW DAY** is based on the premise that sharing one's thoughts, feelings and experiences with others in similar situations is one of the most helpful ways to move beyond the pain that is caused by a loved one's death. **NEW DAY** is not a therapy session. It is an opportunity to move with others, who have experienced the same kind of loss, on the journey from grief to healing.

A \$20.00 donation will be accepted at the first session to help defray the cost of the participant's manual which is full of helpful information and is used at each session as a guide through the grief recovery process.

To register by *September 14th* or for more information about **NEW DAY**,  
Call Veronica at 972.298-4971, EXT. 26.

SPONSORED BY:  
The Holy Spirit Office of Adult & Family Ministry  
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