

HEALING FROM LOSS

Facilitators: Mike & Susie Poole

(434) 760-7130

Class Schedule: Thursdays 10:00 – 11:30 a.m.

September 21 Getting to Know You & Where We Are Going

September 28 The Healing Pathway

October 5 Getting In Touch With Our Feelings

October 12 You Are Not Alone

October 19 Taking Care Of Me

October 26 I'm Still Me

November 2 The New Normal

November 9 Coping With Special Days

November 16 Thanksgiving Social

(no class November 23)

November 30 Moving Forward

December 7 Finding Myself Spiritually

December 14 Christmas Social

(no classes December 21 & 28)

January 4 This Is My Year To Heal

January 11 Wrap Up Luncheon