



Grief Support Group

The death of someone we love changes our lives forever. And the movement from the "before" to the "after" is almost always a long, painful journey. Although grief cannot be structured into a set pattern, it is a natural process that is built within us to help us deal with our losses. Understanding the process and allowing it to happen are two important keys for navigating this path.

Please consider joining us... for **Healing Hurting Hearts Grief Support Group**, sponsored by the O'Connell-Benedict Family Funeral Home and Prescott Community Education, offering a caring environment and helpful strategies in taking steps towards healing our broken hearts. There is no cost to participate, and adults of all ages are welcome.

This support group is facilitated by **Donna Mathiowetz**, Inspirational Speaker and Author, who has worked in the arena of loss and grief since 1997 following the death of two teenage sons within two years; **Joann Vaughan**, retired Mental Health Counselor, having worked with individuals of all ages and a variety of challenges, and the recent loss of her husband; and **Lisa Benedict**, Licensed Funeral Director for O'Connell-Benedict Family Funeral Homes, bringing 19 years of experience helping families navigate through the grief process. Along with the support of Penny Peterson, Prescott Community Education Director and Cyndi Cashman, Community Outreach Liaison.



Joann Vaughan



Donna Mathiowetz



Lisa Benedict

Sessions will take place:

1:00 - 2:30 pm at The Senior Gathering Place, 1220 St. Croix Street, Prescott

The Senior Gathering Place is located within the Prescott Intermediate School.

Parking lot is between the football field and the school, enter door #5.

Tuesday, April 9	The Journey Begins!
Tuesday, April 16	Would've, Should've, Could've
Tuesday, April 23	Potholes & Pitfalls
Tuesday, April 30	Which Way Do I Turn?
Tuesday, May 7	This Puzzle Called Grief
Tuesday, May 14	Hope as the Journey Continues

Registration not required, but appreciated.

Please call - O'Connell-Benedict Family Funeral Home (715) 262-5404



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