

# Grief Lunch Support Group

*Professional support and hope for your grieving journey*

**Date: Every Monday, May 9<sup>th</sup>-June 27<sup>th</sup>, 2022**

**Time: 11:30AM-1:00PM**


**Cost: \$40**

**Age: 18+**

**Location: Cornerstone of Hope Lima | 2963 Blue Jacket Court**



Losing a loved one has a deep impact on us emotionally, socially, mentally, physically and spiritually. But we were never meant to grieve alone. This will be an 8-week professionally led group that will help individuals process grief in healthy ways, connect with others who are also grieving, and ultimately discover practical skills for hope in their grief journey.

 *Lunch will be provided each week for group members. We believe sharing a meal is an important part of the grieving process.*

## Registration

Cornerstoneofhope.org/Lima  
Under “Support Groups”

## Sponsored By

 **Gethsemani** Cemetery & Mausoleums

**A PLACE OF HOPE FOR CHILDREN, TEENS AND ADULTS.**

2963 Blue Jacket Court, Lima, Ohio 45806 | 419-581-9138 | [cornerstoneofhope.org/lima](http://cornerstoneofhope.org/lima)