

If you would like more information or would like to register, **please call or email by Monday, March 17, 2025:**

Renae Schunk,
Director of Care Ministries
(814) 237-2163 ext. 152
rschunk@stpaulsc.org



250 East College Avenue
State College, PA 16801
(814) 237-2163
stpauls@stpaulsc.org
www.stpaulsc.org

LIFE AFTER LOSS

***A six-week
educational support
group for anyone
experiencing a loss
through death***



@SPWFUMC



st.pauls.sc



St. Paul's UMC
State College



Life After Loss provides a supportive environment where you can focus on your loss, face the pain of it, and set about to reintegrate your life.

This educational support group is recommended for those experiencing a loss by death that occurred at least three months prior to the first session.

The group will meet for two and a half hours once a week for six weeks.

Sessions will be held at St. Paul's United Methodist Church & Wesley Foundation in a designated space. The space will always be handicapped accessible.

The materials used for guiding the six sessions are from Hospice-recommended resources. They cover the following:

Introduction & Loss History

Normal Grief Process

Depression & Anger

Guilt & Forgiveness

Letting Go & Saying Goodbye

Taking Care of Yourself:

New Beginnings



Participants are encouraged to attend all six sessions to receive the most benefit. If you must miss a session due to a prior commitment, please still consider registering.

Registration is required so that we can adequately prepare materials needed. There is no charge for participation. A light lunch will be provided.

The next Life After Loss will be held 12:00-2:30 pm on the following Sundays in 2025:

March 23

March 30

April 6

April 13

(No Session April 20)

April 27

May 4