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

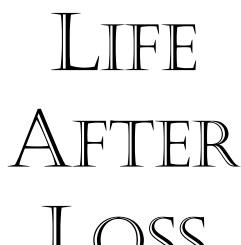








250 East College Avenue State College, PA 16801 (814) 237-2163 stpauls@stpaulsc.org www.stpaulsc.org



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







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